

Psy. 467G, SURVEY OF PSYCHOTHERAPEUTIC METHODS
TLN 4314; 3:30-4:50 TuTh; 154 Straub; Winter, 1990; 3 credits
Norman Sundberg, 381 Straub, 2:45-3:15 TuTh & by appointment, X4909

COURSE OUTLINE

Introduction: The aims of this course are (1) to gain an overview and comparison of major approaches to psychotherapy and counseling, (2) to learn about related research and evaluation, and (3) to develop an appreciation for the societal context of treatment and prevention of psychological problems.

Texts and Other Readings:

- (C) Corsini, R. J. & Wedding, D. (1989) Current psychotherapies (4th ed.). Itasca, IL: Peacock. (Read all chapters & appendix; note glossary.)
(STT) Sundberg, N. D., Taplin, J. R., & Tyler, L. E. (1983) Introduction to clinical psychology. Englewood Cliffs, NJ: Prentice-Hall. (Read Chapters 1, 3, 7, 10, 12-14. For enrichment, read/skim others.)

Handouts and other assignments in class (such as exercises)

Examples of journals for reports: American Journal of Community Psychology, Behavior Research and Therapy, Child Behavior Therapy, Journal of Child and Adolescent Psychotherapy, Journal of Clinical Psychiatry, Journal of Clinical Psychology, Journal of Cognitive Psychotherapy, Journal of Consulting and Clinical Psychology, Journal of Counseling Psychology, Journal of Sex and Marital Therapy, Psychotherapy.

(Note: Especially recommended as enrichment for graduate students and would-be graduate students: The special issues on research on psychotherapy in JCCP, 1986, pp. 3-118, and American Psychologist, 1986, pp. 111-214.)

Assignments:

1. All students will take the mid-term examination.
2. All will turn in two two-page reactive reports to research articles. On the first page place a xeroxed copy of the article summary; then give your evaluation and relate findings to theories in the books. The two articles must have been published within the last 10 years (see examples of journals above). The articles may be research reports on single cases.

3. Beyond that students may choose to take one of the following:

Option A: Take the comprehensive final examination.

Option B: Carry out a project instead of the final exam.

If you choose Option B, you must turn in a one-page outline giving a tentative title and plan by January 23; you may drop it later and take the final if you wish. The project may be done in groups of 2 or 3 students. The Option B paper should be typed and about 10-20 pages. The project must have an empirical base, that is it must either generate new quantitative data) or use published results from recent research (last 5 years). All project papers must use APA form and referencing. Examples for Option B projects follow:

Interviews with people about everyday psychological problem-solving.

Life history interviews about life changes and coping.

Assessment methods for planning and evaluating counseling and therapy.

Review of the effectiveness of a specific therapeutic approach.

Survey of concepts and procedures used by local therapists.

Cross-cultural or cross-ethnic counseling: Reviews interviews.

The place of religion in psychotherapy and counseling.

A critical comparison of two or more treatments of the same problem.

Grading: Mid-term examination, 40%, the two reaction papers to therapy research articles (graded P/NP) 10 %, and final or project paper, 50%.

(Note: Optional exercises turned in will be used in borderline situations.)

Tentative Schedule (for Psy. 467, W90):

Sundberg

- Jan. 9, 11. Introduction. Plan for Course. Definition of therapy and counseling. Questions of evaluation. A brief history.
Readings: C, Chap. 1. STT, 1, 3.
- Jan. 16, 18. Freudian and Adlerian approaches.
Readings: C, 2, 3.
- Jan. 23, 25. Jungian therapy. Body-related approaches.
Readings: C, 4, 14-C, Appendix. STT, 7.
Jan. 23, Project (Option B) outline due.
- Jan. 30, Feb. 1. Rogerian (person-centered) and Gestalt approaches.
Readings: C, 5, 9.
- Feb. 6, 8. Ellis's Rational-Emotive, Cognitive and Behavioral therapies.
Readings: C, 6, 7, 8.
Feb. 6: First report on research article due.
- Feb. 13, 15. Development, choice. Transpersonal & existential ideas. Review.
Readings: STT, 10; C, 10.
- Feb. 20: Mid-Term Examination.
- Feb. 22. Transactional Analysis. Family therapies. Psychodrama.
Readings: C, 11, 12, 14 B.
- Feb. 27, Mar. 1. Multimodal Therapy. Groups. Communities. Ethnicity.
Readings: C, 13, 14 A. STT, 12.
- Mar. 6, 8. Evaluation. Regulation of therapy. Careers. Futures. Review.
Readings: STT, 13, 15.
Mar. 6: Second research report due.
- Mar. 13 (Tues) 5:00 p.m., Project Papers (Option B) due (in mailbox)
- Mar. 15 (Thurs.) 1-3 p.m., Final Examination

Note: There will be visiting lecturers to illustrate different professional approaches and therapies; exams may cover these lectures, too. There may not be a close relationship between readings and lecture/discussions for the week, but students will be expected to keep up with readings on their own.

STUDENT INFORMATION FORM
Psy. 467G, SURVEY OF PSYCHOTHERAPEUTIC METHODS
Winter, 1990, Norman Sundberg

Introduction: Please provide the following information in some detail. It will help me get acquainted with the class and may facilitate planning for class activities. Thank you. --Norm Sundberg

Name: _____ Sex: _____ Year in University Work: _____

Major or Speciality:

Career Goals or Possibilities:

Previous Course Work of Relevance (e.g., abnormal psychology, interviewing, counseling courses or practica, theories of personality. The prerequisites for the course include introductory statistics and research design (Psy. 302, 303) and abnormal psychology (Psy. 427); indicate whether you have had these or the equivalent.)

Related Work and Learning Experiences (e.g. psychiatric aide, nursing, group work, camp counselor):

(Optional) Have any of your relatives had a mental illness? ____ Have any of your friends had a mental illness? ____

Purposes in Taking This Class (Potential career activity? Curiosity? Friend's recommendation? Just need credits? Personal interest in therapy? What would you like to get from this class?)

Topics of Special Interest to You:

Optional Question: Do you know someone well who has been in counseling or psychotherapy? ____ If so, briefly describe your impressions of the experience.