

Course Syllabus

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PSY625: Counseling Theories & Faith Integration I

Dates: 5/15/17 - 7/5/17

Meeting Day/Time:

Mondays, 3:00 p.m. - 5:00 p.m.

Wednesdays, 2:00 p.m. - 5:00 p.m.

Location: Mission Valley Campus, Room 308

Credit Hours: 3

Session: Summer 2017

COURSE DESCRIPTION

Major counseling theories and techniques are examined and applied in the context of the helping relationship. Students also receive an introduction to marriage and family therapy from a systems perspective. Preclinical work in the form of volunteer supportive services at a local nonprofit agency is required for this course.

GROUND RULES OF THE COURSE

Together we will create a dynamic learning environment where:

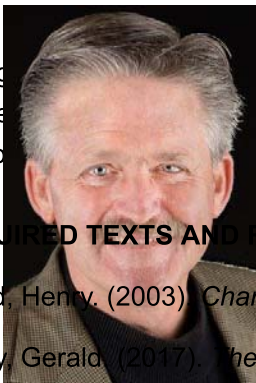
1. Learning is challenging but safe.
2. Learning is experiential and active.
3. Communication is open . . . opposing viewpoints are welcomed.
4. All are learners and all are teachers . . . we will learn from each other.
5. Mistakes are okay . . . this is a no-guilt, no-blame zone.
6. The point is to learn and grow . . . grades are a by-product and not the goal.
7. Integrity and honesty are expected.

Please jot down some of your expectations for this course.

PLNU MISSION

To Teach ~ To Shape ~ To Send

Point Loma University exists to provide higher education in a vital Christian community where minds are engaged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we strive to be Christ-centered, grace is foundational, truth is pursued, and holiness is a way of life.



Office Phone: (619) 865-4447

REQUIRED TEXTS AND RECOMMENDED RESOURCES

Cloud, Henry. (2003). *Changes That Heal*. Grand Rapids, MI: Zondervan.

Corey, Gerald. (2017). *Theory and Practice of Counseling and Psychotherapy*. 10th ed. Boston, MA: Cengage Learning.

Welch, Donald. (2016). *7 Deadly Sins*. Kansas City, MO: Beacon Hill Press.

DiSC Classic Profile. (2017). *Your Life's Path*. St. Petersburg, FL.

ADDITIONAL READINGS

American Psychological Association. (2010). *Publication Manual of the American Psychological Association*, 6th Edition. Washington, DC: American Psychological Association.

McGoldrick, Monica. (2008). *Genograms Assessment and Intervention*. 3rd ed. New York, NY: W.W. Norton & Company, Inc.

COURSE LEARNING OUTCOMES

After completing this course, you should be able to:

1. Describe the major theories and techniques within psychology.
2. Understand faith integration within the concept of psychologist as family mental health practitioner.
3. Explore marriage and family from a systems perspective.
4. Understand the connection between personality theories and various developmental stages.
5. Assess the differences between pathology and temperament.

COURSE REQUIREMENTS

1. **Canvas Journal Questions:** The course text and lecture materials have been supplemented with questions designed to personalize the material covered in class. It is expected that course material will be read before the scheduled lecture so that informed and lively discussion may be the primary focus of class meetings. Journal questions may also be utilized for class discussion, so please attempt to complete your thoughtful responses prior to class.
2. **Reflection Paper:** Write a 3-5 page reflection paper for *Changes That Heal*. Some things you might include are: how the reading has shaped your ideas of counseling, counselors, faith integration, maintaining a balanced life and self care. Since these are your reflections, you may use first person in this paper.
3. **DiSC Temperament Analysis Paper:** Based on class discussions and the temperament analysis assessment, students will develop a 2-5 page paper explaining how this tool may be utilized while separating temperament from pathology. Please include personal assessment and reflection of how the assessment may impact you as a therapist.
4. **Four Exams:** Exams will be objective and may include multiple choice as well as essay. They will not be cumulative. Exams will include assigned reading and lecture material.
5. **Professional Interview:** Students will interview one LMFT professional. Compare and contrast how the clinician's faith integration impacts their client care. You may wish to include the following questions: 1) How has faith integration aided in your clients' mental health? 2) What specific therapeutic theory have you found most useful while integrating faith integration? 3) Do your clients desire prayer? And if so, how have you implemented prayer during a professional therapeutic session? A 2-3 page compare and contrast summary paper will be turned in. This paper should include a title page and identifying information of each professional. No reference page is required.
6. **Seminar Attendance:** Students will attend at least a ½ day counseling seminar (minimum 3 hours) and write a 1-2 page reaction paper. You should include in the reaction paper a brief summary of the conference, how effective you felt this seminar was in the professional development of participants, and what you gained from it. Please include a title page, abstract reference page.
7. **Genogram:** Students will create and demonstrate his or her basic family Genogram functions from a faith integration basis. A one page Genogram copy will be electronically presented to the class and turned in on Canvas. The textbook, on page 418, provides an example of a basic three generation Genogram without faith designations. Please include faith integration designations. A 2-3 page integration paper of *7 Deadly Sins* will be included. Answer the following questions within the paper: 1) How do the *7 Deadly Sins* impact faith integration within your family's emotional health?

- 2) Describe how integrated spiritual disciplines or the lack thereof have impacted the overall function of your family, and
- 3) looking through your preferred theoretical lens coupled with spiritual insights, describe how a therapist may assist you in improving one of your family member's mental health.

8. **Attendance and Participation:** Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements. Absences are counted from the first official meeting of the class regardless of the date of the student's enrollment. If more than 20 percent of the classes are reported as missed, the faculty member may initiate the student's de-enrollment from the course without advance notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" or "NC." There are no refunds for courses where a de-enrollment was processed.

A student who registers late must therefore be exceptionally careful about regular attendance during the remainder of the course. Registered students who neither attend the first class session nor inform the instructor of record of their desire to remain in the class may, at the request of the instructor, be removed from the class roster.

Exceptions to the foregoing attendance regulations due to extenuating circumstances beyond the student's control may be granted only by appeal to the Vice Provost for Academic Administration. Students should consult the syllabus of each course for specific applications of and elaborations on the above attendance policy.

If a student misses a class for a University excused absence the student must provide the appropriate documentation to the professor. No penalty will be assessed for an approved University excused absence from class. Any work, assignments, class notes, or other information presented during the class during which the student is absent is the sole responsibility of the student. Please seek this information from fellow students who attended that class session before contacting the professor.

In the event of an officially excused absence on the due date of an assignment, the assignment will be due the next class time. All penalties for late assignments will then be assessed from that revised due date.

Class participation is necessary to demonstrate familiarity with the assignments and the ability to transfer theory into practice. The following criteria will be used to evaluate participation:

- o Participation in discussions
- o Appropriateness of comments
- o Comments useful for clarification or meaningful contribution to the class
- o Willingness to participate in exercises and simulations
- o Sensitivity to participation of others in the class; avoids dominating discussions
- o Class participation demonstrates understanding of learned theory

APA Papers

All papers written in the Graduate Counseling program should be in APA style. Here are some helpful websites to help you write and format your paper:

- [APA Style Essentials - Prof. Degelman Vanguard University](http://www.vanguard.edu/psychology/faculty/douglas-degelman/apa-style/) (<http://www.vanguard.edu/psychology/faculty/douglas-degelman/apa-style/>)
- Downloadable APA Style Helper: [APA for Psychology](http://www.docstyles.com/apaguide.html) (<http://www.docstyles.com/apaguide.html>)
- [Psychology with Style: A Hypertext Writing Guide](http://www.uwsp.edu/psych/APA4b.htm) (<http://www.uwsp.edu/psych/APA4b.htm>)
- [The OWL at Purdue: APA Style](https://owl.english.purdue.edu/owl/section/2/10/) (<https://owl.english.purdue.edu/owl/section/2/10/>)

All papers should include the following sections unless indicated otherwise:

1. Title page
2. Abstract

3. Main body with headings
4. Reference page

Please check the *APA Manual* or the websites for further formatting helps.

This course meets PLNU and WASC credit hour policy requirements for contact hours as evidenced by the table below (3 credit units):

Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Face-to-face Class Sessions		40	
Online Participation in forums, groups, etc.	5		5
Reading	10	5	10
Writing		10	20
Other Assignments and Learning Activities	5	5	5
Exams & Quizzes	4	5	5
	24	65	45
TOTAL HOURS			134

ASSESSMENT AND GRADING

Assignments	Points
Canvas Journal Questions 6@10 pts	60
Reflection Paper on Cloud	100
DiSC Temperament Analysis Paper	100
Examinations 4@100 pts	400
Professional Interview	100
Seminar Attendance	100
Genogram and Paper on Welch Text	100
Attendance and Participation	40
Total	1000

NOTE: It is your responsibility to maintain your class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.); you have the responsibility to first contact the professor. Then if no accommodations can be made, you are responsible to follow through (provided the drop date meets the stated calendar deadline established by the University).

GRADE SCALE

Grade Scale Based on Percentage of Points Earned				
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

- Only grades of C- or better will count toward program GPA.
- A cumulative program GPA of 3.0 or higher is required to graduate.

ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability, please contact the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodations by phone at [\(619\) 563-2810](tel:6195632810). You may also ask your academic advisor or program director for any additional accommodation information.

FERPA POLICY

As a student at Point Loma, you have a legal right to privacy as outlined in the federal FERPA (Family Educational Rights and Privacy Act) legislation. If I post grades or return assignments, I'll do so in a way that does not publicly reveal your name, PLNU student ID, or social security number without your written permission. See [Policy Statements](http://www.pointloma.edu/experience/academics/catalogs/undergraduate-catalog/policy-statements) (<http://www.pointloma.edu/experience/academics/catalogs/undergraduate-catalog/policy-statements>) for full text.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/class-schedules>) site. No requests for early examinations will be approved.

USE OF TECHNOLOGY

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. In this course, we will rely on Canvas for accessing course materials, submitting assignments, and collaborating in discussion boards and blogs. We will also use cell phone polling when it enhances our in-class activities. You'll want to make sure you are comfortable with these tools, so take advantage of our computer LabTechs to answer questions and help you with any technology issues. You may also call the Help Desk at x2222.

You are welcome to bring your laptop, iPad, and/or cell phone to class, which we will utilize during many class sessions—but please make sure you use them appropriately and responsibly. **If a tech tool becomes a distraction or disruption while class is in session, I will simply invite you to no longer bring it to class.**

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, "Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member

who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course." See [Academic Policies](#) (<http://www.pointloma.edu/experience/academics/catalogs/undergraduate-catalog/point-loma-education/academic-policies>) for full text.

SPIRITUAL CARE

PLNU strives to be a place where you grow as whole persons. To this end we provide resources for our graduate students to encounter God and grow in their Christian faith. At the Mission Valley campus, we have an onsite chaplain, Rev. Nancy Pitts, who is available during class break times across the week. If students have questions, a desire to meet with Rev. Pitts, or prayer requests, you can contact her directly at gradchaplainmissionvalley@pointloma.edu (<mailto:gradchaplainmissionvalley@pointloma.edu>). In addition, there are resources for your Christian faith journey available at [Graduate and Professional Student Spiritual Life](#) (<http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life>).

PLNU COPYRIGHT POLICY



Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.
















COURSE SCHEDULE AND ASSIGNMENTS

Date	Topic	Assignment	Required Reading
Week 1:			
5/15	Introduction and Overview		Corey: Chpt. 1, pg. 1-15
5/17	Counselor as Person and Professional	Journal (Chpt. 1-2)	Corey: Chpt. 2, pg. 17-35
Week 2:			
5/22	Ethical Issues in Counseling Practice	Journal (Chpt. 3)	Corey: Chpt. 3, pg. 37-55
5/24	Psychoanalytic Therapy	LMFT Interview Paper Due	Corey: Chpt. 4, pg. 57-93
Week 3:			
5/29	Adlerian Therapy	Exam 1, Chapters 1-4 (Corey)	Corey: Chpt. 5, pg. 95-128
5/31	Existential Therapy	Journal (Chpt. 4-6)	Corey: Chpt. 6, pg. 129-162
Week 4:			
6/5	Person-Centered Therapy DiSC Classic Profile	DiSC Paper Due	Corey: Chpt. 7, pg. 163-195

6/7	Gestalt Therapy	Journal (Chpt. 7-8)	Corey: Chpt. 8, pg. 197-229
Week 5:			
6/12	Behavior Therapy	Exam 2, Chapters 5-8 (Corey)	Corey: Chpt. 9, pg. 231-268
6/14	Cognitive Behavior Therapy	Journal (Chpt. 9-10)	Corey: Chpt. 10, pg. 269-310
Week 6:			
6/19	Choice Theory/Reality Therapy	Seminar Paper Due	Corey: Chpt. 11, pg. 311-336
6/21	Feminist Therapy	Henry Cloud Paper Due	Corey: Chpt. 12, pg. 337-366
Week 7:			
6/26	Post Modern Approaches	Exam 3, Chapters 9-12 (Corey) Journal (Chpt. 11-13)	Corey: Chpt. 13, pg. 367-401 Corey: Chpt. 14, pg. 403-425
6/28	Systems Therapy	Genogram & 7 <i>Deadly Sins</i> Paper Due	
Week 8:			
7/3	Systems Therapy	Genogram & 7 <i>Deadly Sins</i> Paper Due	
7/5	Systems Therapy	Exam 4, Chapters 13-14 (Corey)	

Course Summary:

Date	Details	
Tue May 16, 2017	 Journal Question 1 (https://canvas.pointloma.edu/courses/35164/assignments/192749)	due by 11:59pm
Sun May 21, 2017	 Journal Question 2 (https://canvas.pointloma.edu/courses/35164/assignments/192750)	due by 11:59pm

Date	Details	
Wed May 24, 2017	 LMFT Professional Interview https://canvas.pointloma.edu/courses/35164/assignments/192755	due by 11:59pm
Mon May 29, 2017	 Exam 1 (https://canvas.pointloma.edu/courses/35164/assignments/192745)	due by 11:59pm
Tue May 30, 2017	 Journal Question 3 https://canvas.pointloma.edu/courses/35164/assignments/192751	due by 11:59pm
Mon Jun 5, 2017	 DiSC Temperament Analysis Paper https://canvas.pointloma.edu/courses/35164/assignments/192746	due by 11:59pm
Tue Jun 6, 2017	 Journal Question 4 https://canvas.pointloma.edu/courses/35164/assignments/192752	due by 11:59pm
Fri Jun 9, 2017	 Mid-Course Evaluation https://canvas.pointloma.edu/courses/35164/assignments/192744	due by 11:59pm
Mon Jun 12, 2017	 Exam 2 (https://canvas.pointloma.edu/courses/35164/assignments/192742)	due by 5:59pm
Tue Jun 13, 2017	 Journal Question 5 https://canvas.pointloma.edu/courses/35164/assignments/192753	due by 11:59pm
Mon Jun 19, 2017	 Seminar Attendance https://canvas.pointloma.edu/courses/35164/assignments/192758	due by 11:59pm
Wed Jun 21, 2017	 Reflection Paper - Changes That Heal https://canvas.pointloma.edu/courses/35164/assignments/192756	due by 11:59pm
Sun Jun 25, 2017	 Journal Question 6 https://canvas.pointloma.edu/courses/35164/assignments/192754	due by 11:59pm
Mon Jun 26, 2017	 Exam 3 (https://canvas.pointloma.edu/courses/35164/assignments/192741)	due by 4:30pm
Wed Jun 28, 2017	 Genogram and 7 Deadly Sins Paper https://canvas.pointloma.edu/courses/35164/assignments/192748	due by 11:59pm
Wed Jul 5, 2017	 Exam 4 (https://canvas.pointloma.edu/courses/35164/assignments/192743)  Attendance and Participation https://canvas.pointloma.edu/courses/35164/assignments/195077	due by 5:59pm
Sun Jul 9, 2017	 End-of-Course Evaluation https://canvas.pointloma.edu/courses/35164/assignments/192747	due by 11:59pm