


Course Syllabus

[Jump to Today](#)

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 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>College of Health Sciences</p> <p>MA in Clinical Counseling</p> <p>PSY6025: Counseling Theories and Faith Integration I</p> <p>3 Units</p>
<p>Spring 2024, Quad 1</p> <p>January 8 - March 3, 2024</p>	
<p>Meeting days/times:</p> <p>Mondays, 2:00 p.m. - 4:45 p.m.</p> <p>Wednesdays, 2:00 p.m. - 4:45 p.m.</p>	<p>Instructor: Dr. Matthew Bishop, LMFT, Ed.D.</p> <p>mbishop@pointloma.edu (mailto:mbishop@pointloma.edu)</p>
<p>Meeting location: Mission Valley 301</p>	<p>Phone: <i>by appointment</i></p>

COURSE DESCRIPTION

The University catalog describes this course as: Major counseling theories and techniques are examined and applied in the context of the helping relationship.

This course includes an overview of the historical relationship between religion and psychotherapy, differing models of the therapeutic relationship, and various models for integrating psychotherapeutic theory with theological issues. It introduces specific issues that arise in conducting therapy with religious persons, including criteria for evaluating healthy and unhealthy forms of religious belief.

The purpose of each class session is to highlight selected topics from the required readings and to supplement this material with related ideas. Students are responsible for all assigned readings, whether or not discussed in class. A “graduate style” discussion format will be used in the course. Each student is expected to have read the assigned reading for class discussion (course schedule below), and be prepared to think together about the reading in class.



COURSE LEARNING OUTCOMES

After completing this course, you should be able to:

1. Students will describe, explain, and apply an understanding of counseling and psychotherapy theories and methods, and demonstrate effective practice of counseling/therapy skills.
2. Students will articulate and demonstrate counselor / psychotherapist characteristics and behaviors that influence helping processes.
3. Students will utilize counseling / therapy models to conceptualize client presentation in order to select the appropriate counseling interventions.
4. Students will gain an understanding of faith integration with the context of psychotherapy and counseling.

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

REQUIRED TEXTS AND RECOMMENDED RESOURCES

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

ADDITIONAL READINGS

American Psychological Association. (2020). *Publication Manual of the American Psychological Association*, 7th Edition. Washington, DC: American Psychological Association.

COURSE REQUIREMENTS



- 1. Canvas Journal Questions (5-entries at 20-points each):** 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. *Must be a minimum of 500-words.*
- 2. Interview Reflections** Through out the course there will be 5 in class interviews of clinicians representing various psychotherapeutic theories. Students will reflect on their experience of these interviews and the clinicians themselves. *Must be a minimum of 500-words.*
- 3. Theory Fair Presentation (125-points):** Students will present on a counseling theories from the text.. Poster boards will include major contributors to the theory, major tenets of the theory, terminology, techniques, and interventions related to the theory. The presentation will include a recorded video demonstration of the theory (no longer than 3-5 minutes for role-play). The presentation must include a 1 page handout for each student in class. *The handout must be submitted via Canvas by 11:59 PM February 13th.* The late assignment policy will be enforced for presentations not submitted the day prior. Please refer to the “Student Presentation Rubric” for more specific requirements.
- 4. Theory Fair Personal Reflection (75-points) :** Write a 3-4 page personal reflection on what you learned during the theory fair from the different presentations. Which presentation did you find most intriguing and could see yourself utilizing? Which presentation did you have the hardest time meshing with or understanding? How do you see your personality fitting into the various theories? As a future clinician, after learning about all the different theories, do you see yourself being a theoretical purist or being more eclectic?
- 5. Attendance (5-points per class session) and Participation (5-points per class session):** Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de- If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Graduate and Professional Studies Catalog for additional detail.

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; avoid dominating discussions
- o Class participation demonstrates understanding of learned theory

Late Policy

Assignments submitted up to 24 hours past the due date will be deducted 25% of the grade. Assignments submitted up to 48 hours past the due date will be deducted 50% of the grade. Any assignment turned in after 48 hours past the due date will receive no credit. Students are encouraged to alert the professor if an assignment is anticipated to be late. Professors can extend these late penalties if arrangements are made in advance.

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 7th Edition Help File \(https://canvas.pointloma.edu/courses/73169/pages/apa-7th-edition-help-file\)](https://canvas.pointloma.edu/courses/73169/pages/apa-7th-edition-help-file)
- [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):

Distribution of Course Hours

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		15	25



Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Other Assignments and Learning Activities	5	5	5
	25	65	50
TOTAL HOURS			140

ASSESSMENT AND GRADING

Assignments with Point Values

Assignments	Points
Canvas Journal Questions (5-entries at 20-points each)	100
Interview Reflection Papers	100
Theory Fair Presentation	125
Theory Fair Reflection	75
Attendance and Participation (5-points per class session)	70
Academic Honesty	5
Total	425

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

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	

- Students must achieve a minimum grade of B- to pass this class.

COURSE POLICIES



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.

1. **Academic Honesty**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained 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. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. 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 following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See Academic Policies in the [current PLNU catalog](https://catalog.pointloma.edu/) (<https://catalog.pointloma.edu/>) for further information.

2. **Identity Fraud**

Committing identity fraud is considered particularly serious and could have legal as well as institutional implications. Any student who has another individual impersonate or in any other way commit identity fraud in any course, assignment, exam, or any type of academic exercise will be permanently suspended from Point Loma.

3. **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.

4. **Participation**

Your participation (think of this as 'contribution') in the course is monitored and graded. Your interaction with the course content, the instructor, fellow students, and the learning process directly influences your level of success in the course. You need to demonstrate that you have truly completed the assigned readings, shared what you learned from them, and demonstrate understanding and application of the concepts presented. Participation in the course will benefit your overall online experience as well as the experience of others in the course.

5. **Classroom Etiquette**

Students are expected to actively engage in an adult learning environment. Behaviors that disrupt the classroom environment and interfere with the learning of others are prohibited. Examples include talking with other students during a presentation or when others are speaking, texting, gaming, internet browsing, or reading non-course related materials. All pagers, cellphones, and other



electronic communication devices will be turned off at the beginning of class. Tablets and computers are allowed in class for note-taking purposes only, unless otherwise directed by the instructor. Arriving late and leaving early are strongly discouraged and disruptive to the class.

Respect each person's opinions. Be considerate while your peers are speaking and actively engage them only when they have completed their point. Discourteous comments and side conversations will not be tolerated and will be addressed openly and directly by the instructor. Should a student's behavior become disruptive to the productivity of the course they will be asked to leave the classroom and not receive credit for attendance.

6. **Withdrawal**

If you need to withdraw from the class, please notify the instructor **and** your Point Loma advisor immediately. A student may withdraw by the end of the first week of class and receive a grade of W. If a student withdraws from the program, he/she must submit a letter for withdrawal. A last date to withdraw is posted in the Academic Calendar on the PLNU website. Students will be assigned a grade of W or WF consistent with Point Loma Nazarene University policy in the grading section of the catalog. Failure to attend class does not constitute a withdrawal and students will receive an "F" if not properly withdrawn. Withdrawing from a class may result in a graduated refund and may affect your financial aid. Be sure to contact your financial aid counselor.

7. **Use of Technology**

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements page](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>). Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work. If you do need technical help you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus help desk (619.849.2222).

8. **University Catalog**

For additional Point Loma policy items, review the latest [Point Loma Nazarene University Catalog](https://catalog.pointloma.edu/index.php) (<https://catalog.pointloma.edu/index.php>).

9. **Accessibility of Historical Data in Point Loma Classes**

PLNU strives to protect and preserve student data in accordance with FERPA laws. It is important for students and faculty to note that due to the nature of digital information, no data transmitted via emails or online learning management systems is entirely free from observation. The contents of this class, including the class discussion, may be monitored by PLNU faculty and staff at any time for the purposes of assisting students, gathering data, instructor training, or assessing the program.



10. Confidentiality of Course Discussion and Assignments

Materials posted to the class discussion or to an assignment thread are for class use only. Students and faculty are to protect the confidentiality of all classroom materials and should never transmit any classroom materials without specific written permission of the person quoted and the instructor.

11. Academic Accommodations

If you have a diagnosed disability the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619.563.2810. You **may also ask your academic advisor or program director for any additional accommodation information.**

12. Spiritual Care

Please be aware 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. There are resources for your Christian faith journey available at the [Graduate & Professional Student Spiritual Life web page](https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life). (<https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life>)

13. Copyright Policy

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14. Sexual Misconduct and Discrimination

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office](https://www.pointloma.edu/title-ix) (<https://www.pointloma.edu/title-ix>). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu (<mailto:counselingservices@pointloma.edu>) or find a list of campus pastors at the [Title IX Office | Get Help Now](https://www.pointloma.edu/title-ix/get-help-now) (<https://www.pointloma.edu/title-ix/get-help-now>)

COURSE SCHEDULE AND ASSIGNMENTS

(This schedule is subject to change. All changes will be announced in class and / or via Canvas.)



Date	Topic	Assignment	Required Reading
WEEK 1			
1/8	Introduction and Overview	Introductions Review Course Syllabus Expectations and Goals for course Draw names for group presentations	Corey, Chapter 1
1/10	Counselor as Person and Professional / Ethical Issues	Journal Question #1	Corey, Chapters 2&3
WEEK 2			
1/15	NO CLASS	Martin Luther King Day	
1/17	Psychoanalytic Therapy and Adlerian Therapy	Journal Question #2 Discuss establishing a therapeutic relationship with a /client Review Informed Consent In class discussion re Adlerian Therapy	Corey, Chapters 4 - 5
WEEK 3			
1/22	Person-Centered Therapy	In class lecture, discussion and case conceptualization	Corey, Ch. 7







1/24	Existential and Gestalt Therapies Guest Speaker: Graden Tonna, Internal Family Systems	Journal Question #3 In class lecture, discussion and case conceptualization	Corey, Chs. 6 & 8
WEEK 4			
1/29	Behavior Therapy	In class lecture, discussion and case conceptualization	Corey, Ch. 9
1/31	Cognitive Behavior Therapy Guest Interview: Jeff Thomas, Psychoanalytic Theory	Graden Reflection Paper Journal Question #4 In class lecture, discussion and case conceptualization	Corey, Ch. 10
WEEK 5			
2/5	Feminist and Postmodern Therapies	In class lecture, discussion and case conceptualization	Corey, Chs. 12-13
2/7	Choice and Reality Therapies Guest Speaker: Mel McCormick, Eclectic Therapy	Journal Question #5 Jeff Reflection Paper	Corey, Ch. 11
WEEK 6			
2/12	Psychotherapy Integration	In class lecture and discussion Due: Reflection Paper, 1 Page Theory Fair Study Sheet	Corey, Ch. 15




















2/14	Psychotherapy Integration Guest Speaker: Courtney Salamone, Polyvagal Theory	In class lecture and discussion Due: Reflection Paper, 1 Page Theory Fair Study Sheet	
WEEK 7			
2/19			
2/21	Theory Fair Guest Speaker: Lisa Kemble, ISTDP		
WEEK 8			
2/26	Theory Fair		
2/28	Theory Fair	Due: Lisa Reflection Paper	



















Course Summary:

Date	Details	Due
	 Session 1 Agenda	to do: 2pm
Mon Jan 8, 2024	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/73169/assignments/984757)	due by 11:59pm
Wed Jan 10, 2024	 Session 2 Agenda	to do: 2pm
Sun Jan 14, 2024	 Journal Question 1 (https://canvas.pointloma.edu/courses/73169/assignments/984768)	due by 11:59am























Date	Details	Due
Mon Jan 15, 2024	 Session 3 Agenda	to do: 2pm
Wed Jan 17, 2024	 Session 4 Agenda	to do: 2pm
Sat Jan 20, 2024	 Journal Question 2 (https://canvas.pointloma.edu/courses/73169/assignments/984769) 	due by 11:59pm
Mon Jan 22, 2024	 PSY6025-22 SP24 - Counseling Theories And Faith Integration I (https://canvas.pointloma.edu/calendar?event_id=152972&include_contexts=course_73169)	2pm to 4:45pm
Wed Jan 24, 2024	 Session 5 Agenda	to do: 2pm
Wed Jan 24, 2024	 Session 6 Agenda	to do: 2pm
Sat Jan 27, 2024	 Journal Question 3 (https://canvas.pointloma.edu/courses/73169/assignments/984770) 	due by 11:59pm
Mon Jan 29, 2024	 Session 7 Agenda	to do: 2pm
Tue Jan 30, 2024	 Graden - Internal Family Systems Reflection (https://canvas.pointloma.edu/courses/73169/assignments/984766) 	due by 11:59pm
Wed Jan 31, 2024	 Session 8 Agenda	to do: 2pm
Sat Feb 3, 2024	 Journal Question 4 (https://canvas.pointloma.edu/courses/73169/assignments/984771) 	due by 11:59pm
Sun Feb 4, 2024	 Mid-Course Survey (https://canvas.pointloma.edu/courses/73169/assignments/984758) 	due by 11:59pm
Mon Feb 5, 2024	 Session 9 Agenda	to do: 2pm



Date	Details	Due
Tue Feb 6, 2024	 Jeff - Psychoanalytic/Psychodynamic Reflection https://canvas.pointloma.edu/courses/73169/assignments/984767	due by 11:59pm
		
Wed Feb 7, 2024	 Session 10 Agenda	to do: 2pm
Sat Feb 10, 2024	 Journal Question 5 https://canvas.pointloma.edu/courses/73169/assignments/984772	due by 11:59pm
		
Mon Feb 12, 2024	 Session 11 Agenda	to do: 2pm
Tue Feb 13, 2024	 Mel - Eclectic Therapy Reflection https://canvas.pointloma.edu/courses/73169/assignments/984773	due by 11:59pm
		
Wed Feb 14, 2024	 Session 12 Agenda	to do: 2pm
Mon Feb 19, 2024	 Reflection Paper https://canvas.pointloma.edu/courses/73169/assignments/984775	due by 2pm
		
	 Session 13 Agenda	to do: 2pm
Tue Feb 20, 2024	 Courtney - Organic Intelligence Reflection https://canvas.pointloma.edu/courses/73169/assignments/984763	due by 11:59pm
		
	 Theory Fair Presentations https://canvas.pointloma.edu/courses/73169/assignments/984778	due by 11:59pm
		
Wed Feb 21, 2024	 Session 14 Agenda	to do: 2pm
Mon Feb 26, 2024	 Session 15 Agenda	to do: 2pm



Date	Details	Due
Tue Feb 27, 2024	 Lisa - AEDP Reflection https://canvas.pointloma.edu/courses/73169/assignments/984774 	due by 11:59pm
Wed Feb 28, 2024	 Session 16 Agenda	to do: 2pm
Wed Feb 28, 2024	 Final Exam https://canvas.pointloma.edu/courses/73169/assignments/984756 	due by 4:45pm
Fri Mar 1, 2024	 Attendance and Participation https://canvas.pointloma.edu/courses/73169/assignments/984762 	due by 11:59pm
Sat Mar 2, 2024	 Theory Fair Personal Reflection https://canvas.pointloma.edu/courses/73169/assignments/984777 	due by 11:59pm
Sun Mar 3, 2024	 End-of-Course Evaluation https://canvas.pointloma.edu/courses/73169/assignments/984764 	due by 11:59pm
	 Case Study Jack https://canvas.pointloma.edu/courses/73169/assignments/984761 	
	 Case Study Joe https://canvas.pointloma.edu/courses/73169/assignments/984760 	
	 Case Study of Pauline https://canvas.pointloma.edu/courses/73169/assignments/984759 	
	 Extra Credit https://canvas.pointloma.edu/courses/73169/assignments/984765 	
	 Role-Play (Upload here) https://canvas.pointloma.edu/courses/73169/assignments/984776	



Date

Details

Due

