



MIDWESTERN

STATE UNIVERSITY

Syllabus

Theories of Counseling
PSYC 5213, section 101
Fall 2023

Contact Information

Professor: Michael A. Vandehey, Ph.D. Office: O'donohoe 112
Office Hours: MWF 10-11am; TR 8:30-9:30 am or by appointment
Class Meets MW 11-12:20 Phone: 397-4026
Location: OD 110 Cell Phone: 940-733-4388

Office Email: [Vandehey Email \(michael.vandehey@msutexas.edu\)](mailto:michael.vandehey@msutexas.edu)

Texts

Seligman, L. W., & Reichenberg, L. W. (2014). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills* (4th Ed). Merrill Counseling

Publication Manual of the American Psychological Association (7th Ed.).
(2020). Washington D. C.: American Psychological Association.

Course Requirements

Grades will be based on your performance on 1 midterm (100 points), 1 final (100 points), and a paper (100 points).

Goals

1. Become acquainted with many of the major theories of counseling.
2. Identify 1-2 theories as main foundation for providing services.
3. Become aware of the impact of the self on practicing psychology.

Grade

Tests will be multiple choice and essay. Multiple choice answers will be marked on Scantrons and essay questions will be answered in the space provided on the test. The paper is to be written in APA 7th Ed. format and is to be 7-10 pages not including title or reference pages.

300 points are possible and grade ranges are as follows:

A = 300-270	D = 209-180
B = 269-240	F = 179 or lower
C = 239-210	

Paper

The paper for this course is different for the typical graduate paper. It is a "know thyself" paper that will be based upon take-home exercises. Through the take-home exercises, the student should begin to identify personal strengths, weaknesses, and beliefs (e.g., religious, political, morals/values, race, gender, etc.) that may positively or negatively impact the therapeutic relationship. The majority of the paper will be about those three areas, and the student is expected to regularly cite Kerr (question/page number) as one responds to the exercises. The final area will be about the theoretical orientation that best fits the student's personal style (4 peer-reviewed sources beyond the text). Please note: this exercise is not designed to limit the student's theoretical orientation. It is designed to help the student identify the theory that would be a good beginning point for professional development and practice. It is expected that the student will expand one's theoretical knowledge and practice base throughout the program and career.

Papers are due by the end of class. Late papers will lose one grade for **every day** they are late.

I will provide handouts from: Kerr, D. R. (2000). *Becoming a therapist: A workbook for personal exploration*. Prospect Heights, IL: Waveland Press.

By enrolling in this course, the student expressly grants MSU a 'limited right' in all intellectual property created by the student for the purpose of this course. The 'limited right' shall include but shall not be limited to the right to reproduce the student's work product in order to verify originality and authenticity, and educational purposes.

Note

Students with disability must be registered with Disability Support Services before accommodations can be provided. Individuals requiring special accommodation should contact me and must provide documentation by Disability Support Services. The Director of Disability Support Services serves as the ADA Coordinator and may be contacted at (940) 397-4140, TDD (940) 397-4515, or 3410 Taft Blvd., Clark Student Center 168.

Americans with Disabilities Act

Midwestern State University does not discriminate on the basis of an individual's disability and complies with Section 504 and Public Law 101-336 (Americans with Disabilities Act) in its admissions, accessibility, treatment and employment of individuals in its programs and activities.

A copy of the ADA Compliance Document is available online at [disability faq](#). It is the responsibility of the student to inform the instructor of any

disabling condition that will require modifications. Students who require special accommodations must register with Disability Support Services before these accommodations can be provided. An Accommodation Request Form can be obtained at [Accommodation Request](#).

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

- a. Brightspace (maker of D2L) has tutorials available on YouTube. Please go to [Brightspace YouTube](#) for additional help.

Informed Consent: This information is to inform the student of the limits of confidentiality while enrolled at MSU Texas or any other state school. Due to federal and state law, faculty and staff working for an university are required to report any information that falls under Title IX. Any student who indicates experiencing sexual abuse/misconduct, physical/emotional abuse, domestic violence, stalking, suicidal/homicidal ideation, or related experiences will have an incident report sent to either the MSU Texas Title IX and/or the Dean of Student's office. Student disclosure may occur via a face-to-face meeting, in-class self-disclosure, email, statement made in a written assignment, etc. If a student asks a faculty or staff person not to share the information, please note that by law, we have to report and I will report. Please note that as students, you may be aware of classmates/dormmates struggling and can make an incident report at: [Student Referrals and Incident Reporting Forms](#) or <https://cm.maxient.com/reporting.php?MSUTexas>

Report forms are:

Bias Incident Reporting Form	Sexual Misconduct Report Form
Campus Incident Report Form	Student Alert Form
Concerning Student Behavior Form	
General Student Complaint Form	

College Policies and Procedures

Can be found at the bottom of the MSU home page or at [Human Resources Policy](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct. Any evidence of cheating will result in a grade of "F" and being reported to the [Dean of Students](#).

Wikipedia

At no time will a student be allowed to use Wikipedia as a source for any project or paper in this class. If it is determined that Wikipedia was used as a source for a project or paper, the student will be given a grade of zero automatically.

Artificial Intelligence (AI)

Written assignments will be run through a plagiarism and AI checker called Turn It In. If at any point Turn It In identifies that a student used AI to complete an assignment (such as ChatGPT), an automatic grade of zero will be given to the assignment.

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by MSU TEXAS. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this

process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [MSUReady – Active Shooter](#). Students are encouraged to watch the FBI video entitled "Run. Hide. Fight." which may be electronically accessed via the University police department's webpage: ["Run. Hide. Fight."](#)

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

Student Code of Conduct

MWSU's official policy in the University's Code of Student Conduct on page 52, states:

Instructor Drop: An instructor may drop a student any time during the semester for excessive absences, for consistently failing to meet class assignments, for an indifferent attitude, or for disruptive conduct. The instructor must give the student a verbal or written warning prior to dropping the student from the class. An instructor's drop of a student takes precedence over the student initiated course drop of a later date. The instructor will assign a grade of either WF or F through the first 9 weeks of a long semester, the first 6 weeks of a 10 week summer term, or the 12th class day of a 4 or 5 week summer term consisting of 20 days. After these periods, the grade will be an F. The date the instructor drop form is received in the Office of the Registrar as the official drop date. A student dropped from a class by a faculty member for disruptive behavior has the right of appeal to the Student Conduct Committee through the Student Conduct office.

Midwestern State University Student Honor Creed

"As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so."

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize

universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception. Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student. We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.

Written and adopted by the 2002-2003 MSU Student Senate.

Cell Phones and Pagers: Please turn all cell phones and pagers off (no sound) during class. DO NOT text message during class. DO NOT answer your cell phone in class. Exceptions include emergency calls (e.g., birth of child, family member in hospital). Students who are unable to comply will not be allowed to attend class.

Travel Plans: Please do not make travel plans that would hinder your access to a computer or the internet. You are responsible for maintaining electronic(s) equipment and internet access every day during this semester.

Tentative Reading and Exam Schedule

Notice: Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Weeks of Class Reading Assignment

8/28-10/12: Semester Overview/Course Requirements
Chapter 1: Contexts of Effective Treatment
Chapter 2: Overview of Background-Focused Treatment Systems
Chapter 3: Sigmund Freud and Classic Psychoanalysis

Chapter 4: Alfred Adler and Individual Psychology
Chapter 15: Overview of Action-Focused Treatment Systems
Chapter 16: Behavior Therapy and Cognitive Behavioral Therapy

Packet 33: Why be a Therapist?
Packet 1: What helps when...
Packet 2: What about Advice?
Packet 13: Teaching
Packet 12: Questions
Packet 8: Expanding Options

Additional Topics: Prochaska & Norcross (2007): Assessing likelihood of change; Levels of Change

9/4 *Labor Day, no classes*
9/25 *Last day to file for December graduation*
10/2 *Last day to file for May graduation*

Tuesday 10/16: Exam I

<i>Weeks of Class</i>	<i>Reading Assignment</i>
10/18-12/6:	Chapter 7: Overview of Emotion-Focused Treatment Systems Chapter 8: Carl Rogers and Person-Centered Counseling Chapter 9: Existential Therapy Chapter 10: Gestalt Therapy Chapter 18: Family systems Approaches Packet 18: Family Packet 26: Shame Packet 25: Interpersonal Warmth Packet 14: Tracking Feelings Packet 24: Expressing your Feelings Packet 23: Experiencing Feelings

Additional Topics: Levine & Sandeen: Biological and Limited-Capacities Models

10/30 *Last day to file for a "W"*
11/22-25 *Thanksgiving Break, no classes*
12/11-15 *Finals*

Wednesday 11/8 Paper Due

Final Exam: Monday, December 11th from 10:30am -12:30pm.