



MIDWESTERN

STATE UNIVERSITY

Syllabus

Theories of Counseling
PSYC 5213, section 101
Fall 2021

Contact Information

Professor: Michael A. Vandehey, Ph.D. Office: O'donohoe 112
Office Hours: By appointment only. Phone: 940-397-4026
Due to the pandemic, I prefer to interact with individuals via email, phone, or Zoom. I have a family member with risk factors.
Class Meets TR 11:00-12:30 Cell Phone: 940-733-4388
Location: OD 110
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

B = 269-240

C = 239-210

D = 209-180

F = 179 or lower

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.

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](#).

Make-up Policy: If an make-up exam is granted (instructor discretion), it will be essay in nature and can be scheduled with me. I need one week to prepare the exam; thus, the earliest a make-up exam can be taken is one week after the initial exam. See the 2019-2020 Student Handbook on Class Attendance Policy. [Student Handbook](#)

Desire-to-Learn (D2L)

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. Students may access D2L via any open computer lab at MSU Texas.

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

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](#).

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.

Travel Plans: Please do not make travel plans that would hinder your access to a computer, the internet, or attending the final. The final will not be given early due to a student's travel plans.

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

Tentative Reading and Exam Schedule

Weeks of Class Reading Assignment

8/24-10/7: 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

9/6 *Labor Day, no classes*
9/27 *Last day to file for December graduation*
10/4 *Last day to file for May graduation*

Tuesday 10/12: Exam I

Weeks of Class Reading Assignment

10/14-12/2: 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

10/25

Last day for "W"

11/24-11/26

Thanksgiving break, no classes

12/6-10

Finals Week

Tuesday 11/23 Paper Due

Final Exam: Tuesday, December 7th from 1:00pm till 3:00 pm.