

## Syllabus

### ED 5314: PERSONALITY AND COUNSELING THEORY

Sul Ross State University

Spring 2016

**Instructor:** Taylor Feldmann, Ph.D.

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**Office:** MAB 307

**Office Hours:** Tues 3:00pm-6:00pm

Wed 10:00am-3:00pm

Thurs 10:00am-12:00pm

Additional times may be scheduled by appointment only

#### CATALOG COURSE DESCRIPTION:

A study of human personality dynamics as related to counseling theory and practice, emphasis on modern humanistic and phenomenological theories as they apply to counseling and developmental guidance. 3 semester hours

#### PROGRAM LEARNING OUTCOMES

**This course contributes to the following required program learning outcomes:**

1. Students will demonstrate their ability to apply within guidance and counseling, their knowledge of human development, diversity, and factors that affect students'/clients' ability to achieve their potential.
2. Students will demonstrate their ability to plan, implement, and evaluate a developmental guidance program; this program will incorporate assessment, as well as individual and group counseling services utilizing appropriate theoretical frameworks, techniques, and interventions to address personal, interpersonal/social, educational, and career needs.
3. Students will demonstrate the ability to communicate and collaborate effectively with others in the school, with students' parents, and/or with the community in order to facilitate student/client success, and will demonstrate the ability to apply ethical, legal, and professional standards.

#### REQUIRED TEXT:

Seligman, L. W., & Reichenberg, L. W. (2014). *Theories of counseling and psychotherapy: Systems, strategies, and skills* (4th ed.). Upper Saddle River, NJ: Pearson. ISBN 978-0-13-286170-1

#### SUGGESTED TEXTBOOK:

All written assignments **must follow the APA writing style**. If you are unfamiliar with the APA writing style, it is strongly suggested that you purchase an APA 6th edition manual.

**TE<sub>x</sub>ES COMPETENCIES ADDRESSED IN THIS COURSE:**

- Domain 1: Understanding Learners
  - Competency 001 – Human Development
  - Competency 003 – Diversity
- Domain 2: Promoting Learners' Growth and Achievement
  - Competency 006 – Responsive Services
- Domain 3: Counseling in the Learner-Centered Environment
  - Competency 012 – Ethical, Legal, and Professional Standards

**COURSE OBJECTIVES:**

The student will be able to:

1. Describe key concepts of various historical and contemporary counseling theories.
2. Identify and/or explain the impact of various counseling theories as related to personal and professional mental wellness.
3. Recognize the need for acting proactively and collaboratively regarding client challenges and drawing from a variety of counseling theories to apply appropriate interventions.
4. Understand how human development, socio-cultural, and environmental factors shape the nature of the counseling relationship and applied theories.
5. Recognize the impact that professional, ethical, and legal issues have on the selection and utilization of various counseling theories.

**ATTENDANCE POLICY:** Distance Learning Non-Participation Statement

Policies in effect for on-campus, traditional classroom instruction courses also apply to students enrolled in distance learning courses, including Web-based and ITV courses. The University allows a maximum of 20% absences in a course before an instructor may drop a student for excessive absences. In Web courses, this policy is interpreted as not participating for more than 3 weeks in a long semester, 1 week in a summer session, or 3 days in the midwinter session. Any student dropped for non-participation will receive an F in the course dropped. Inactivity may include the following:

- not logging on to the course
- not submitting assignments
- not participating in scheduled activities
- not communicating with the instructor by phone or email, and/or
- not following the instructor's participation guidelines stated in the syllabus

## COURSE REQUIREMENTS:

### Assignments

A schedule of assignments is attached to this syllabus. Complete chapter reading and study the material PRIOR to the date for which assignments are due. Discussion board questions and objective quizzes over the assigned readings will be given. A final exam paper will be required. See the following Calendar of Assignments on page 4 of this syllabus for all due dates. No late assignments are accepted.

**GRADING: A=100-91% B=90-81% C=80-71% D=70-61%**

Chapter Quizzes	45 %
Discussion Boards	25 %
Final Exam (essay)	30 %
Total.....	100%

Graduate students must maintain a 3.0 GPA to remain in good standing.

Grades of **Incomplete (I)** are not given in the Professional Studies Division of Sul Ross State University *except* in the *most extreme* situations.

No late assignments will be accepted.

**Chapter Quizzes.** Quizzes are posted on blackboard two weeks prior to their due date. You are encouraged to complete them early, or you may follow along with the syllabus. Each of the quizzes will close at 11:59 pm (CST) the night they are due, and will immediately log you out. For those students based out of El Paso, please note, you must complete your quizzes one hour early, due to the time difference. I WILL not reopen them due to your lack of planning.

**Discussion Board Postings and Responses.** Discussion board postings must reflect mechanical and grammatical soundness, attention to detail, and APA style citations. APA citations are very important for these assignments. This is where you get feedback for your final exam regarding APA formatting. These discussion board postings are graded based on completion and research base. As with discussions in the classroom, students are allowed and encouraged to voice their opinions, however at the graduate level these “opinions” must be empirically based. Additionally, discussion board postings are due at 11:59 pm (CST) on the posted due date (see syllabus). I DO NOT accept late work. You WILL receive a zero for any late submissions.

<b>Discussion Board Rubric</b>	
<b>Posting</b>	
Quality/Research based post	<b>10</b>
APA style	<b>5</b>
<b>Responses</b>	<b>5</b>
<b>Total</b>	<b>20</b>

**Final Exam.** The final exam is a paper in which you accomplish the following:

- Contrast and compare at least three major theories.
- Based on your counseling style, which theory or theories do you prefer to use and explain in detail why?
- This paper should be a minimum of 8 pages in length, excluding the title page (first page) and References page (last page). Do not include an abstract in your submission.
- Utilize three sources in the paper (your textbook and two peer-reviewed journal articles). Note: you must have two APA style entries on your References page, and you must also utilize APA style citations in the body of your paper.

<b>Final Exam Rubric</b>	
APA style	25
Grammar/mechanics of style	15
3 theories (basic tenets)	20
3 theories contrasted	20
Personal integrative style	20
<b>Total</b>	<b>100</b>

**Writing Style.** APA writing format is required. Written assignments must be typed using one-inch margins, 12-point type, and double line spacing; have all pages except the title page numbered; and be edited for spelling, punctuation, and grammar. **Papers with multiple errors and/or high (over 10%) similarity report (SafeAssign) will receive a reduction in grade. Discussion Board postings and responses must reflect mechanical and grammatical soundness and attention to detail. Grades are based on the quality of the writing.**

**Discussions/Lectures.** Lectures will be provided on Blackboard as an overview to the course and an introduction to theories of personality. Discussions will cover the content of each chapter of assigned reading in the textbook and will be facilitated through required postings on the Blackboard Discussion Board. The general topic of each required Blackboard discussion is shown in the Calendar of Assignments on the following pages in this syllabus. After each required posting, the instructor will provide responses/lectures based on that content.

**SRSU Disability Services:** The university is committed to equal access in compliance with the Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator, in Counseling and Student Support Services, is responsible for ensuring that students with disabilities are provided opportunity for full participation in programs, services, and activities. Students seeking disability services must contact the Disability Services Coordinator in Ferguson Hall, Room 112. The mailing address is P.O. Box C-171, Sul Ross State University, Alpine, TX 79832. Telephone: 432-837-8203. Fax: 432-837-8203.

**ED 5314: PERSONALITY AND COUNSELING THEORY**  
**Calendar of Assignments-Fall 2014**

***NOTE: LATE ASSIGNMENTS WILL NOT BE ACCEPTED. All deadlines for assignments will be midnight, CST (Central Standard Time) on the date indicated.***

**Assignment 1-Due 12:00 (midnight CST)**

**Contexts of Effective Treatment; Overview of Background Focused Treatment Strategies**

Post “Online Participation Policy” agreement on Discussion Board: **Wed. Jan. 20**  
 Post “Introduction” on Discussion Board: **Thurs Jan 21**

**Assignment 2-Due 12:00 (midnight CST)**

Chapters 1 and 2-Discussion Board Postings-Due: **Monday, Jan 25**  
 Chapters 1 and 2 -Discussion Board Response-Due: **Tuesday Jan 26**  
 Quizzes--Chapters 1 and 2- Due: **Wednesday, Jan 27**

**Assignment 3-Due 12:00 (midnight CST)**

**Sigmund Freud and Classic Psychoanalysis**

Chapter 3 -Discussion Board Postings-Due: **Monday, Feb 1**  
 Chapters 3-Discussion Board Response-Due: **Tuesday, Feb 2**  
 Quizzes: Chapter 3- Due: **Wednesday, Feb 3**

**Assignment 4-Due 12:00 (midnight CST)**

**Alfred Adler and Individual Psychology**

Chapter 4 -Discussion Board Postings-Due: **Monday, Feb 8**  
 Chapters 4-Discussion Board Response-Due: **Tuesday, Feb 9**  
 Quizzes: Chapter 4- Due: **Wednesday, Feb 10**

**Assignment 5-Due 12:00 (midnight CST) Post and Neo Freudians: Analytical Psychology, Ego Psychology, Object Relations, and Self Psychology; Brief Psychodynamic Therapy**

Chapters 5 and 6-Discussion Board Postings-Due: **Monday, Feb 15**  
 Chapters 5 and 6-Discussion Board Response-Due: **Tuesday, Feb 16**  
 Quizzes: Chapters 5 and 6 Due: **Wednesday, Feb 17**

**Assignment 6-Due 12:00 (midnight CST)**

**Overview of Emotion Focused Treatment Systems; Carl Rogers and Person Centered Counseling**

Chapters 7 and 8-Discussion Board Postings-Due: **Monday, Feb 22**  
 Chapters 7 and 8-Discussion Board Response-Due: **Tuesday, Feb 23**  
 Quizzes: Chapters 7 and 8- Due: **Wednesday, Feb 24**

**Assignment 7-Due 12:00 (midnight CST)**

**Existential Therapy; Gestalt Therapy**

Chapters 9 and 10-Discussion Board Postings-Due: **Monday, Feb 29**

Chapters 9 and 10-Discussion Board Response-Due: **Tuesday, Mar 1**

Quizzes: Chapters 9 and 10- Due: **Wednesday, Mar 2**

**Assignment 8-Due 12:00 (midnight CST)**

**Emerging Approached Emphasizing Emotions and Sensations**

Chapter 11-Discussion Board Postings-Due: **Monday, Mar 7**

Chapter 11-Discussion Board Response-Due: **Tuesday, Mar 8**

Quizzes: Chapter 11- Due: **Wednesday, Mar 9**

**Assignment 9-Due 12:00 (midnight CST)**

**Overview of Thought Focused Treatment Systems, Albert Ellis and REBT**

Chapters 12 and 13-Discussion Board Postings-Due: **Monday, Mar 21**

Chapters 12 and 13-Discussion Board Response-Due: **Tuesday, Mar 22**

Quizzes: Chapter 12 and 13- Due: **Wednesday, Mar 23**

**Assignment 10-Due 12:00 (midnight CST)**

**Aaron Beck and Cognitive Therapy**

Chapter 14-Discussion Board Postings-Due: **Monday, Mar 28**

Chapter 14-Discussion Board Response-Due: **Tuesday, Mar 29**

Quizzes: Chapter 14- Due: **Wednesday, March 30**

**Assignment 11-Due 12:00 (midnight CST)**

**Overview of Action Focused Treatment Systems; Behavior Therapy and Cognitive-Behavioral Therapy**

Chapters 15 and 16-Discussion Board Postings-Due: **Monday, April . 4**

Chapters 15-and 16Discussion Board Response-Due: **Tuesday, April 5**

Quizzes: Chapters 15 and 16- Due: **Wednesday, April 6**

**Assignment 12-Due 12:00 (midnight CST)**

**Reality Therapy**

Chapter 17-Discussion Board Postings-Due: **Monday, April 11**

Chapter 17 -Discussion Board Response-Due: **Tuesday, April 12**

Quizzes: Chapter 17- Due: **Wednesday, April 13**

**Assignment 13-Due 12:00 (midnight CST)**

**Family Systems Approaches**

Chapter 18-Discussion Board Postings-Due: **Monday, April 18**

Chapter 18 -Discussion Board Response-Due: **Tuesday, April 19**

Quizzes: Chapter 18- Due: **Wednesday, April 20**

**Assignment 14-Due 12:00 (midnight CST)**

**Integrative Therapies; Solidifying Understanding of Treatment Systems**

Chapters 19 and 20-Discussion Board Postings-Due: **Monday, April 25**

Chapters 19 and 20 -Discussion Board Response-Due: **Tuesday, April 26**

Quizzes: Chapters 19 and 20- Due: **Wednesday, April 27**

**Assignment 15-Due 12:00 (midnight CST)**

**Final Exam: Due Wednesday, May 4, 12:00 (midnight CST)**