

YORK UNIVERSITY

FACULTY OF HEALTH

DEPARTMENT OF PSYCHOLOGY

40613.0 A - Fall, 2013

THEORETICAL APPROACHES TO COUNSELLING AND PSYCHOTHERAPY

COURSE OUTLINE

COURSE DIRECTOR: DR. MICHAEL LUTHER

Dr. M. Luther 277 BSB mluther@yorku.ca

Secretary: Agnes Levstik BSB 281

MONDAY NIGHTS: 7:00 PM TO 10:00 PM - HNE B.11

Appointment: 1 hour before class at Class

A SEMINAR COURSE (3 HOURS PER WEEK)

Prerequisites: AK/AS/HH/SC/PSYC 1010 6.00 or AK/HH/PSYC 2410 6.00 with a minimum grade of C; AK/AS/HH/SC/PSYC 2030 3.00 or AK/HH/PSYC 2530 3.00; one of AK/AS/HH/SC/PSYC 2021 3.00, AK/AS/HH/SC/PSYC 2020 6.00, AK/HH/PSYC 2510 3.00; AK/AS/HH/SC/PSYC 2130 3.00 or AK/HH/PSYC 3220 3.00; AK/HH/PSYC 3140 3.00 (after Winter 2002) or AS/SC/PSYC 3140 3.00 or AK/HH/PSYC 3215 3.00. **Course credit exclusions:** AK/AS/HH/SC/PSYC 4060 6.00, AK/PSYC 4210 3.00 (prior to Summer 2002), GL/PSYC 4250 3.00

COURSE DESCRIPTION:

As a seminar course, attendance is **mandatory**; it involves 'active' learning on-site (in person). This course provides in-depth coverage of counselling techniques and theories. A variety of older and current modes of therapy are presented and studied. Emphasis is on the theoretical assumptions made by the different theories, and the impact of the theory on therapeutic practice. Even non-theoretical models are looked at. A variety of areas such as: Psychoanalysis, Analysis, Gestalt, Humanistic (Logotherapy Adlerian, & Narratives), Behavioural (B.Mod., IBI, & Systematic Desensitization), Brief Therapies (Solution-Focus, TA, and Pattern Interruption), Cognitive Therapy, Cognitive Behavioral Therapy, EMDR, Dialectical, Behavioural Therapy, etc., are covered. Critiques of each will be done by the students. These modes will be demonstrated in each seminar in an active way; role-playing can be used too. The Naturalistic/Biocentric approach will be looked at and likely happen through an optional field trip; evolutionary theory will be elucidated here too, in terms of 'transformation and healing'. Bonus points will be earned by some, for going on a nature walk.

<u>Competencies</u>	<u>Grade %</u>
1) Attendance/Participation (3 hours/week) (no cell phones! nor laptops)	= 25%
2) Oral Presentation (1 hour)	= 25%
3) Written Paper* (15-20 pgs) analytical APA Style (with headings and sub headings)	= 50%

*This is **not** just a descriptive essay, per se, but an **analytical** paper worth **50%** of grade.

TEXT

Luther, M.G., Allen, J.C., Gerber, J. & Luther, J.E. (2013). "Meeting The Human Challenge: Transformation, Healing, and Recognizing the Zombies Living Amongst Us." Concord, ON: Captus Press

Paper (50%) (Due last class – December 2)

A major paper using APA style and Headings is required. The student will **compare** his/her chosen therapy mode to essential aspects of at least 3 other methods. These are **not** just summaries of each therapy; **instead** these are to compare and contrast **main** features of these therapeutic **approaches**. The layout is as follows:

	<u>Length</u>
A) Introduction (Intent)	1 page only
B) Your Chosen Model (Summary)	3 pages
C) Comparisons – (3 models)	(3X3) 9 pages
D) Conclusions/Evaluations (pro's/Con's)	2-3 pages
E) References	1-3 pages

Presentation (25%)

A typical presentation is 45 minutes to 60 minutes (1 hour). Importantly, a multimedia format is used: and a clear presentation is crucial. Normal pace and voice is imperative. Do **not** race through material. Delivery is **non-egocentric**; pay attention to your audience! **DO NOT READ ALOUD** (your presentation); instead, **discuss** it in a seminar format. Impart knowledge and teach the class something new and interesting. **DON'T JUST REGURGITATE**. It must be on-topic and both theoretical and practical. Critique the model of therapy presented (i.e., at end).

Open for questions (at end). May use A/V equipment and Power Point. Prepare a small (2-page) hand-out. The presentation is **factual** and **not** anecdotal/subjective.

Schedule

- Class # 1 - Faucault's view of pathology
 - Darwin's view of Man
 - Evolution and Naturalistic Therapy
 (Thursday September 26 Field trip) 3:30pm – 5:30pm
- Class #2 - Freud & Jung's therapies
 (DR. LUTHER)
- Class #3 - Psycho-analysis (Freud)
 - Analysis (Jung)
 - A. Adler & Gestalt (by F. Perls)
- Class #4 - Behavior Modification: (Operant, IBI)
 - Classical: (Systematic Desensitization)
- Class #5 - Depression and Anxiety Cognitive Therapy (A. Ellis, D. Burns, A. Beck)
 - Learned Optimism (M. Seligman)
- Class #6 - Cognitive Behavioral Therapy CBT "Mind Over Mood" (Greenberger & Padesky)
 - J. Schwartz "Brain Lock"
- Class #7 - Narrative Therapy (M. White)
 - Logotherapy (V. Frankl)
- Class #8 - Solution-focused Approach (Walter & Peller)
 - De Shazer & I. Berg
- Class #9 - Pattern Interruption Therapy (Weakland & Siegel)
 - Milton Erickson & Hypnosis
- Class #10 - Roles (T/A) Therapy (Berne and/or Harris)
- Class #11 - Dialectical Behavioral Therapy (Linehan)
 - E.M.D.R. (Shapiro)
- Class #12 - The Optimistic Child (Seligman)
 - Play Therapy (for P.T.S.D.) (Moustakas)
or Art Therapy (for P.T.S.D.)

- T.A. For Kids (Freed's)
- Teen On-line Crisis Counselling

Required Readings (in Luther, et al. 2013)

#1 “Naturalistic Biocentric”	Reist & Luther	pgs. 201 –
#2 “Evolution”	Allen	pgs. 55 –
#3 “Uncertain Future”	Luther (on Freud & Jung)	pgs. 337 –
#4 “IBI”	Casaluce	pgs. 321 –
#5 “Beyond Trepanation”	Gagnier & Sorge	pgs. 355 –
#6 “Uncertain Future”	Luther (on CBT)	pgs. 337 –
#7 “Essential Learning”	Luther (Narrative)	pgs. 395 –
And “Brief Therapy”	Luther (Narrative)	pgs. 425 –
#8 “Essential Learning”	Luther (Solution Focus)	pgs. 395 –
And “Brief Therapy”	Luther (Solution Focus)	pgs. 425 –
#9 “Essential Learning”	Luther (Pattern Interruption)	pgs. 395 –
And “Brief Therapy”	Luther (Pattern Interruption)	pgs. 425 –
#10 “Transactional Analysis” (TA)	Azer & Andres	pgs. 451 –
#11 “Treatment For Paediatric PTSD”	Stephens	pgs. 469 –
“Circumcision”	Luther	pgs. 26 – 32
#12 “Crisis Counselling”	Lemmex	pgs. 487 -

The course director is available to help students with projects on Monday nights before class at the seminar room. BEST OF LUCK!!!