

Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.

COURSE SYLLABUS

PSYC 371

THEORIES IN COUNSELING AND PSYCHOTHERAPY

COURSE DESCRIPTION

The principal current theoretical approaches to counseling and psychotherapy represented and evaluated. Exploration of techniques and methods in group and individual counseling.

RATIONALE

The purpose of this undergraduate course is to give students an understanding of current theories that guide human behavior as used in counseling and psychotherapy settings. Such an understanding will aid in the development of their own personal eclectic approach. This will be accomplished by studying the origin, history, processes and techniques, and empirical evidence of all major theories used and studied within counseling and psychotherapy. Emphasis will be placed on the common truths within these theories as derived from empirical and biblical principles and how these principles are applied in secular and Christian settings.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

III. RECOMMENDED RESOURCE PURCHASE

American Psychological Association. Publication manual of the American Psychological Association (Current ed.). Washington, DC: Author.

IV. ADDITIONAL MATERIALS FOR LEARNING

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Blackboard [recommended browsers](#)
- D. Microsoft Word
(Microsoft Office is available at a special discount to Liberty University students.)

V. MEASURABLE LEARNING OUTCOMES

Upon successful completion of this course, the student will be able to:

- A. Demonstrate the ability to define a theory. L.O. 1, 3
- B. Demonstrate an understanding of how counseling and psychotherapy are related to psychology. L.O. 1, 2
- C. Demonstrate an understanding of how theology and philosophy provide a theory of counseling and psychotherapy with its essential ingredients. L.O. 4
- D. Demonstrate an understanding of the major thinkers who have influenced the development of counseling and psychotherapeutic theory. L.O. 1, 3
- E. Demonstrate an understanding of systematic eclecticism, integration and diversity. L.O. 3, 6
- F. Demonstrate an understanding of the presuppositions that underlie the various theories of counseling and psychotherapy. L.O. 1, 3
- G. Demonstrate an understanding of the common factors that link theories and their effective use. L.O. 1,3
- H. Demonstrate an ability to analyze and evaluate each theory and select components that can be incorporated into one's own model of counseling and psychotherapy. L.O. 1, 2, 3
- I. Demonstrate an understanding of the various areas in which counseling and psychotherapy skills can be applied. L.O. 1, 2, 3

VI. COURSE REQUIREMENTS AND ASSIGNMENTS

- A. Textbook readings, notes, and presentations
- B. Course Requirments Checklist

As the first activity in this course, please read the syllabus and [Student Expectations](#). After reading the syllabus and Student Expectations, the student will then complete the related checklist found in Module/Week 1.

- C. Discussion Board forums (7)

For each of the 6 discussion forums, students will write a substantive thread of a **minimum** of 200–250 words in response to questions posed by the instructor. Replies of a **minimum of** 100-200 words will then be written to at least one other student's threads. All posts must be academic in nature, meaning they must include citations and references in APA format. You are welcome to use outside resources to make your points and encouraged to do so. Threads are to be completed by Friday night each week and replies are to be completed by Monday night of the same week. L.O. 1-5

D. Course Paper

Each student will write a paper on one of the common factors of the HCAP model and discuss its use and fit within a theory of your choice. Your paper must consist of the following areas and you must use these as level 1 or 2. L.O. 1-6.

Review of Factor

Here you will describe and define the factor and discuss the research surrounding it.

Theory

Here you will give a brief discussion of your theory of choice and its major tenets and process of change.

Use of Factor within (Name theory)

Discuss how the factor is used. The factor may be displayed implicitly or explicitly. Your job is to articulate how the factor is used with that theory.

Conclusion

The body must be 7-10 pages long, and APA 6th edition format is required. The body length does not include the cover, abstract, or references. This means that the minimum TOTAL page will be from 10-13. This paper is to be submitted by the end of Module/Week 7. You must also use Times New Roman #12 font.

E. Tests (5)

Students will complete 5 tests, each consisting of multiple-choice questions covering the textbook readings and presentations. All tests are open-book/open-notes. All tests will have a 105-minute time limit. L.O. 3,5

VII. COURSE GRADING AND POLICIES

A. Points

Course Requirements Checklist	10
Discussion Board Forums (7 at 35 pts ea)	245
Course Paper	200
Tests (5 at 111 pts ea)	555
Total	1010

B. Scale

A = 900–1010 B = 800–899 C = 700–799 D = 600–699 F = 0–599

C. Disability Assistance

Students with a documented disability may contact Liberty University Online’s Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at <http://www.liberty.edu/disabilitysupport>.

COURSE SCHEDULE

PSYC 371

Textbook: Barclay: *Introduction to Theories of Counseling and Psychotherapy; An integrative approach of putting theory into practice.* (2016).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Barclay; chs. 1 &2 Presentation	Course Requirements Checklist Class Introductions DB Forum 1	10 0 35
2	Barclay; chs. 3 Presentation	DB Forum 2 Test 1	35 111
3	Barclay; chs. 4 &5 Presentation	DB Forum 3 Test 2	35 111
4	Barclay; chs. 6-8 Presentation	DB Forum 4 Test 3	35 111
5	Barclay; chs. 9-11 Presentation	DB Forum 5 Test 4	35 111
6	Barclay; chs. 12 & 13 Presentation	DB Forum 6 Test 5	35 111
7	none	Course Paper	200
8	Presentations DB	DB Forum 7	35
TOTAL			1010

DB = Discussion Board

NOTE: Each course week (except week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on Friday.