



Theories of Personality and Counseling

COU 6502

Total Credit Hours: 3

Instructor:

Course Description

This course is designed to provide the student with a comprehensive understanding of current and historical theories of personality and the major therapeutic methods available for implementing change in human behavior.

Rationale for Course

The primary focus of this course is to develop an in-depth understanding of the major counseling theories, models, and interventions used in counseling practice. The theories will be analyzed in the context of two trends: evidence-based or empirically supported treatment and psychotherapy integration. The student will build skills in conceptualizing, evaluating, and applying these theories. The appropriateness of each theory for multicultural clients will be examined. Selected counseling and consulting techniques arising from various theories and models will be explored, as well.

Learning Objectives

At the conclusion of the course, the student should be able to:

1. Student will be familiar with the history and philosophy of the counseling profession and its specialty areas.
2. Student will be familiar with advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients.
3. Student will be familiar with ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling.
4. Student will be familiar with strategies for personal and professional self-evaluation and implications for practice.
5. Student will be familiar with multicultural and pluralistic trends, including characteristics and concerns within and among diverse groups nationally and internationally.
6. Student will be familiar with the theories and models of counseling.
7. Student will be familiar with a systems approach to conceptualizing clients.
8. Student will be familiar with counselor characteristics and behaviors that influence the counseling process.
9. Student will be familiar with developmentally relevant counseling treatment or intervention plans.
10. Student will be familiar with evidence-based counseling strategies and techniques for prevention and intervention.

11. Student will be familiar with the process for developing a personal model of counseling.

Prerequisites

Graduate Standing

Instructional Materials

Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Boston, MA: Cengage.

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC: Author.

Methods of Instruction

This course will include PowerPoint lectures, case studies, video analysis, & activities that align with each theory and class discussion.

Methods of Evaluation

Students will complete quizzes, exams, in class participation, & assignments. Evaluation of assignments will be based in part on: 1) The appropriateness of your assignment based on the assignment's instruction. 2) Indicated knowledge and extensiveness of material covered in the assignment. 3) Abiding by format requirements, if applicable (length, APA guidelines, font). 4) Evidence of scholarly research, if applicable. 5) The completeness of the assignment. 6) Evidence of scholarly work (i.e. syntax, grammar, punctuation, voice, etc.). 7) Your following instructions for the assignment.

Key Performance Indicators (KPI's): Key performance indicator assignments are integrated throughout the curriculum in all master's level counseling programs. These assignments are meant to check your academic progress throughout your time in the program & help prepare you for the CPCE/NCE core areas. All students must earn a satisfactory score on any assignment labeled as a KPI. If you do not earn a satisfactory score, you are required to repeat the assignment per the Department of Counseling. If you do not earn a satisfactory score on the second attempt, you will be placed on a formal academic remediation plan.

Grades will be determined in the following manner:

Weekly Assignments	30%
Theoretical Orientation Paper	30% - *KPI*
Textbook Additions Project	20% - *KPI*
Exams	20%
<hr/> TOTAL	<hr/> 100%

Grading Scale

94-100%	=	A
89-93%	=	B+
80-88%	=	B
73-79%	=	C+
66-72%	=	C
59-65%	=	D
Below 59%	=	F

MC Syllabus Statement

The MC Syllabus contains all policies and procedures that are applicable to every course offered by Mississippi College, both on campus and online. The policies in the MC Syllabus describe the official policies of the University as they relate to instruction and will take precedence over those found elsewhere. It is the student's responsibility to read and be familiar with every policy. The MC Syllabus may be accessed at any time on the MC website at the following: <https://www.mc.edu/provost/mcsyllabus>.

Grading Policy

My goals are to (1) meet the course objectives and (2) ensure fairness. Accordingly, please do not contact the instructor at the end of the course to request an extra assignment, bonus opportunity, or grade change for any reason except an error in the calculation of the final grade. Grade appeals should follow the process outlined in MC Policy 4.20.

Additional Course Policies

- **ATTENDANCE:** Four (4) class absences will lead to mandatory failure during regular spring and fall semesters. Two (2) class absences will lead to mandatory failure during the 10-week summer term. Attendance is taken at the beginning of class. Class attendance/participation is an essential part of university education, and students are expected to attend/participate regularly and punctually all classes for which they are registered. Cumulative absences/nonparticipation may result in a lowered grade or loss of credit for the course. Tardiness is also subject to penalty, as is any failure to complete required class work on time. MC policy regarding attendance will be followed.
- Applicable CACREP 2016 Standards can be found in Appendix A of this syllabus

Best Practices

Students should approach graduate level courses in the master's level counseling programs with professionalism and openness to learn including accepting feedback graciously. Students should complete all assigned reading, assignments, and exams outlined by the instructor of the course. Students must adhere to the ACA code of ethics while enrolled in the counseling programs at MC.

Course Outline / Schedule

Developed per semester and at faculty discretion; therefore, this is subject to change.

DATE	Topics	Reading Assignments/Materials Due
Week 1	Introduction/Syllabus General Ethics & Counselor Disposition	Ch. 2 & 3 Weekly Assignment
Week 2	Psychoanalytic Therapy	Ch.4 Weekly Assignment
Week 3	Adlerian Therapy	Ch.5 Weekly Assignment
Week 4	Person-Centered Therapy	Ch.7 Weekly Assignment
Week 5	Behavior Therapy	Ch.9 Weekly Assignment
Week 6	Cognitive Behavior Therapy	Ch.10 Weekly Assignment
Week 7	Gestalt Therapy	Ch.8 Weekly Assignment
Week 8	Midterm Exam	Ch. 2, 3, 4, 5, 7, 8, 9, 10
Week 9	Existential Therapy	Ch.6 Weekly Assignment
Week 10	Postmodern Approaches	Ch.13 Weekly Assignment
Week 11	Feminist Therapy/Social Justice	Ch.12 Weekly Assignment
Week 12	Student Presentations	Textbook Additions Project Due
Week 13	Student Presentations	
Week 14	Choice Theory/Reality Therapy	Ch.11 Weekly Assignment Theoretical Orientation Research Paper Due
Week 15	Final Exam Review/Prep	All textbook chapters
Week 16	Final Exam	COMPREHENSIVE

Disclaimer

The instructor reserves the right to modify the schedule proposed in the syllabus as necessary. Modifications will be provided in writing.

APPENDIX A 2016 CACREP STANDARDS

Section II, Professional Counseling Identity

- II.F.1.k. strategies for personal and professional self-evaluation and implications for practice
- II.F.1.l. self-care strategies appropriate to the counselor role
- II.F.5.a. theories and models of counseling
- II.F.5.f. counselor characteristics and behaviors that influence the counseling process
- II.F.5.j. evidence-based counseling strategies and techniques for prevention and intervention
- II.F.5.n. processes for aiding students in developing a personal model of counseling

Section V, C. Clinical Mental Health Counseling

- V.C.1.b. theories and models related to clinical mental health counseling
- V.C.2.l. legal and ethical considerations specific to clinical mental health counseling

Section V, F. Marriage, Couple, & Family Counseling

- V.F.1.c. theories and models of marriage, couple, and family counseling

Section V, G. School Counseling

- V.G.3.d. interventions to promote academic development
- V.G.3.j. interventions to promote college and career readiness

1. WEEKLY SELF-REFLECTIVE & APPLICATION ASSIGNMENTS: (Standards addressed: II.F.1.k., II.F.1.l., II.F.5.a., II.F.5.f., II.F.5.j., II.F.5.n., V.C.1.b., V.C.2.l., V.F.1.c., V.G.3.d., V.G.3.j.)- Students will have an activity or quiz each week in Canvas pertaining to the textbook chapter. The assignment is due before class begins.

2. CHOSEN THEORETICAL ORIENTATION RESEARCH PAPER (Standards addressed: II.F.1.k., II.F.5.a., II.F.5.f., II.F.5.j., II.F.5.n., V.C.1.b., V.F.1.c., V.G.3.d., V.G.3.j.)- Students will write a research paper that will be a statement of their chosen philosophical orientation and approach to counseling. The paper must include at least five (5) citations from peer-reviewed articles (within the last 10 years) or other professional sources (NOT INCLUDING THE COURSE TEXTBOOK). There is a 6-page maximum length requirement for this paper, not including the reference page(s). Use the professional format per the 7th edition of the APA manual (see Required Instructional Materials on p. 1). Include section headings for each section listed below that you're to address.

Address each of these aspects regarding your theoretical orientation:

- Philosophical/theoretical underpinnings and/or its view of human nature;
- Function and role of the counselor;
- Nature of the counseling relationship with clients;
- Client's function or role in the counseling process;
- Goals, objectives, or outcomes of the counseling process;
- Ethical applications and limitations of this counseling theory; and

- Multicultural considerations
- Outcome of analysis of your video responses in choosing preferred theoretical orientation
- How you can apply this framework in your program track area (e.g., school, college, mental health setting);
- An evaluation/assessment of your own future work - how will you know when you are successfully using your counseling theory with your intended population or setting?

3. TEXTBOOK ADDITIONS PROJECT (Standards addressed: II.F.5.a., II.F.5.j., II.F.5.n., V.C.1.b., V.G.3.d., V.G.3.j.)-

There are many therapy approaches that are not included in the course textbook. You will learn about some family systems approaches in your Introduction to MFC course. It's important that you learn that there are many approaches you can use with individuals from which to choose and learn for your practice. You will choose 3 therapy approaches from **the list I provide**. The 3 can't be discussed in the course textbook. You will use at least 2 scholarly/peer-reviewed resources (NOT INCLUDING ANY COURSE TEXTBOOK; they're not scholarly) for EACH of your chosen therapy approaches to summarize, using your own words/paraphrasing (not plagiarizing), what you learn about the 3 approaches. Use the professional format per the 7th edition of the APA manual (see Required Instructional Materials on p. 1). Include section headings for each therapy approach researched.

Address these areas for EACH of your new/additional 3 therapy approaches:

1. Key Concepts
2. The Therapeutic Process
3. Application: Therapeutic Techniques and Procedures
4. Multicultural Perspective

You will prepare a presentation on 1 of the 3 approaches & present in class on the assigned date. Your presentation should include the 4 areas listed above as in your paper. In your presentation, you will identify one key intervention from the therapeutic approach & how it is used. Examples & role plays are welcome.

4. EXAMS (Standards Addressed: II.F.1.k., II.F.1.l., II.F.5.a., II.F.5.f., II.F.5.j., II.F.5.n., V.C.1.b., V.C.2.l., V.F.1.c., V.G.3.d., V.G.3.j.)- You will have 2 major exams- midterm & final- throughout this course covering all of the chapters in the course textbook.