

Chaminade University of Honolulu  
Psychology 406: Counseling Psychology  
Instructor: Karen Hoffman, MSCP  
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Text: Theory and Practice of Counseling and Psychotherapy by Gerald Corey, Wadsworth, 2001 (sixth edition)  
Student Manual for Theory and Practice of Counseling and Psychotherapy by Gerald Corey, Wadsworth, 2001 (sixth edition)

Course Description:

An introduction to the major theories and concepts in the study of counseling psychology. Counseling approaches and techniques used in helping relationships will be explored. This course combines experiential and didactic instruction giving the student an opportunity to learn helping strategies and develop a philosophy of counseling. The student will develop a better understanding of self and society.

Course Objectives:

The student will:

Demonstrate knowledge of the therapeutic process and the practical elements of counseling.  
Demonstrate knowledge of counseling theories.  
Demonstrate knowledge of a variety of cultural issues in counseling.  
Demonstrate knowledge of a variety of ethical and professional issues in counseling.  
Demonstrate knowledge and practice in self-evaluation skills, writing skills, and critical thinking skills.

Course Method:

The following teaching approaches will be utilized:

Textbook Reading  
Lecture/Discussion Format  
Audio Visual Materials  
Small/Large Group Discussions  
Guest Speakers  
Reflective Writing  
Independent Study

Expectations For Students:

1. CLASS ATTENDANCE IS REQUIRED!!!! Ten bonus points will be added to final grades for perfect attendance. In order to earn the ten bonus points, you must be on time and be

present in class for the entire session. This includes returning from breaks on time. If you leave early, you will be marked absent for the class period.

2. **READ AND STUDY ALL ASSIGNMENTS BEFORE COMING TO CLASS!!!!!!** You will be responsible for reading the course textbook and completing the exercises in the student manual. It is **IMPORTANT TO BRING YOUR TEXTBOOK AND STUDENT MANUAL TO EVERY CLASS SESSION!!!!!!**
3. The student is expected to be responsive to new ideas and to participate in discussions and offer own viewpoints.

#### Course Requirements:

##### Tests:

Four examinations will be given. Each one will be worth 50 points.

##### Student Manual:

Each week you will be given an assignment in the student manual. You will need to bring your manual to every class session. The completed student manual will be worth 100 points.

##### Class Presentations:

Each week, students will take turns presenting what they have learned in a particular chapter. You will need to write out your presentation in detail, in advance, because you will not be able to use your textbook during the presentation. The student will be required to share their impressions and experiences related to the chapter.

Class members are encouraged to join in the discussion and presentation and the instructor will make appropriate comments or add information as required. This portion of the class is meant to be lively and interesting. The presentations will allow the student the opportunity to apply the information in each chapter to real life situations, which will make our study of psychology more meaningful. The presentations will also give the instructor insight into how much of the information the student is grasping and understanding. Presentations will be graded as follows:  
Exceptional-100-90    Above Average-80-90    Average-70-79    Below Average-60-69  
No Participation-0

##### Course Grading:

After calculating the total possible points for the course, students will earn the following grade:

A-400-360    B-359-320    C-319-280    D-279-240    F-239 and Below

PSY. 406 SYLLABUS

WEEK 1----COURSE INTRODUCTION, REQUIREMENTS, SURVEY OF TEXT.  
CHAPT. 1-INTRODUCTION AND OVERVIEW  
CHAPT. 1-STUDENT MANUAL  
CHAPT. 2-THE COUNSELOR: PERSON AND PROFESSIONAL  
CHAPT. 2-STUDENT MANUAL

WEEK 2----CHAPT. 3-ETHICAL ISSUES IN COUNSELING PRACTICE  
CHAPT. 3-STUDENT MANUAL  
CHAPT. 4-PSYCHOANALYTIC THEORY  
CHAPT. 4-STUDENT MANUAL  
REVIEW FOR EXAM 1-CHAPT. 1-4

WEEK 3----EXAM 1 CHAPT. 1-4  
CHAPT. 5-ADLERIAN THERAPY  
CHAPT. 5-STUDENT MANUAL  
CHAPT. 6-EXISTENTIAL THERAPY  
CHAPT. 6-STUDENT MANUAL

WEEK 4----CHAPT. 7-PERSON-CENTERED THERAPY  
CHAPT. 7-STUDENT MANUAL  
CHAPT. 8-GESTALT THERAPY  
CHAPT. 8-STUDENT MANUAL  
REVIEW FOR EXAM 2-CHAPT. 5-8

WEEK 5----EXAM 2 CHAPT. 5-8  
CHAPT. 9-REALITY THERAPY  
CHAPT. 9-STUDENT MANUAL  
CHAPT. 10-BEHAVIOR THERAPY  
CHAPT. 10-STUDENT MANUAL

WEEK 6----CHAPT. 11-COGNITIVE BEHAVIOR THERAPY  
CHAPT. 11-STUDENT MANUAL  
CHAPT. 12-FEMINIST THERAPY  
CHAPT. 12-STUDENT MANUAL  
REVIEW FOR EXAM 3-CHAPT. 9-12

WEEK 7----EXAM 3-CHAPT.9-12  
CHAPT. 13-FAMILY SYSTEMS THERAPY  
CHAPT. 13-STUDENT MANUAL

WEEK 8----CHAPT. 14-AN INTEGRATIVE PERSPECTIVE  
CHAPT. 14-STUDENT MANUAL

WEEK 9---CHAPT. 15-CASE ILLUSTRATION: AN INTEGRATION APPROACH IN  
WORKING WITH STAN  
CHAPT. 15- STUDENT MANUAL  
REVIEW FOR EXAM 4-CHAPT. 13-15  
TURN IN STUDENT MANUAL

WEEK 10---EXAM 4-CHAPT. 13-15  
CLOSURE