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Version A

HDPS 301
Northwestern University
Spring, 2010
Tuesday-Thursday 9:00-10:20
Annenberg 303

Counseling: Theory and Practice

March 30

Introduction to the Course

Reading: "Does Therapy Help?" *Consumer Reports*, 1995.

April 1

Topic: Freud's Psychoanalysis

Reading: Raymond Fancher, "Man in Conflict: The Psychoanalytic Psychology of Sigmund Freud"

Freud, "Psychoanalysis and Psychiatry"

April 6

Topic: Freud's Psychoanalysis

Reading: Freud, "The Question of Lay Analysis," 185-228

April 8

Mini-assignment No. 1 due: A dream

Topic: Freud's Psychoanalysis

Reading: Freud, "Transference"

Freud, "Freud's Psycho-Analytic Procedure"

April 13

Topic: Freud's Psychoanalysis

Reading: Wilczek et al., "Change After Long-Term Psychoanalytic Psychotherapy"

April 15

Topic: Freud's Psychoanalysis

Reading: Anderson, "Freud's Life and Work"
"Freud Is Not Dead" (*Newsweek*, March 27, 2006)

April 20

Quiz No. 1 in class on "A Case History"
Topic: Freud's Psychoanalysis
Reading: Anderson, "A Case History" (Case of Helen)
Discussion in class of the reading

April 22

Topic: Rogers' Person-Centered Therapy
Reading: Betty D. Meador and Carl R. Rogers, "Client-Centered Therapy"
Rogers, "A Client-centered/ Person-centered Approach to Therapy"

April 27

Mini-Assignment No. 2 due: the Q-sort
Topic: Rogers' Person-Centered Therapy
Reading: Rogers, "Ellen West—And Loneliness"

April 29

Topic: Rogers' Person-Centered Therapy
In class: Video of Rogers doing a demonstration therapy session ("Gloria")
Reading: J. Bozarth, "Research on Psychotherapy Outcome and the Person-Centered Approach"

May 4

Test #1: covering Freud's psychoanalysis and Rogers' person-centered therapy

May 6

Topic: Cognitive Therapy
Reading: Aaron Beck and Marjorie Weishaar, "Cognitive Therapy"

May 11

Mini Assignment No. 3 Due
Topic: Cognitive Therapy
Reading: Steven D. Hollon and Aaron Beck, "Cognitive and Cognitive-Behavioral Therapies," pp. 430-435.

May 13

Quiz No. 2 in class on “In Search of the Dreamer”

Topic: Contemporary Psychodynamic Therapy

Reading: Irvin Yalom, “In Search of the Dreamer”

May 18

Topic: Contemporary Psychodynamic Therapy

Reading: Anderson, “The Childhood Adaptational Pattern”

Jonathan Shedler, “The Efficacy of Psychodynamic Psychotherapy”

In class: Video of an episode from the TV series, “In Treatment”

May 20

Topic: Contemporary Psychodynamic Therapy

Reading: Yalom, “Fat Lady”

May 25

Topic: Group Therapy

Reading: Irvin Yalom, *The Theory and Practice of Group Psychotherapy*, 19-43

May 27

Topic: Couple’s Therapy

Reading: Laurie Abraham, “Can This Marriage Be Saved?”

June 1

Topic: Therapy for Drug Abuse and Alcoholism

Reading: to be announced (will be passed out in class ahead of time)

June 3

Test #2: covering Cognitive Therapy, Contemporary Psychodynamic Therapy, Group Therapy, Couple’s Therapy, and Therapy for Drug Abuse and Alcoholism

Note on the Readings

The readings are available in a packet from Quartet Copies, 825 Clark St. (tel. 847 328-0720)