Introduction to Counseling

March 27

Introduction to the Course

March 29

Lecture and Discussion: Freud's Psychoanalysis
Reading: Raymond Fancher, “Man in Conflict: The Psychoanalytic Psychology of Sigmund Freud”
Freud, “Psychoanalysis and Psychiatry”

April 3

Lecture and Discussion: Freud's Psychoanalysis
Reading: Freud, "The Question of Lay Analysis," 185-228

April 5

Mini-assignment No. 1 due: A dream
Lecture and Discussion: Freud's Psychoanalysis
Reading: Freud, "Transference"
Freud, "Freud's Psycho-Analytic Procedure"

April 10

Lecture and Discussion: Freud's Psychoanalysis
Reading: Wilczek et al., “Change After Long-Term Psychoanalytic Psychotherapy”

April 12

Lecture and Discussion: Freud's Psychoanalysis
Reading: Anderson, “Freud’s Life and Work”
April 17

Lecture and Discussion: Freud's Psychoanalysis
Anderson, “A Case History”
“Freud Is Not Dead” (*Newsweek*, March 27, 2006)

April 19

Test #1: covering Freud’s psychoanalysis

April 24

Lecture and Discussion: 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 26

Mini-Assignment No. 2 due: the Q-sort
Lecture and Discussion: Rogers’ Person-Centered Therapy
Reading: Rogers, “Ellen West—And Loneliness”

May 1

Videotape of Rogers doing a demonstration therapy session
Reading: J. Bozarth, “Research on Psychotherapy Outcome and the Person-Centered Approach”

May 3

Lecture and Discussion: Cognitive Therapy
Reading: Aaron Beck and Marjorie Weishaar, “Cognitive Therapy”

May 8

Mini Assignment No. 3 Due
Lecture and Discussion: Cognitive Therapy

May 10

Test #2: covering person-centered therapy and cognitive therapy
May 15
Lecture and Discussion: Contemporary Psychodynamic Therapy
Reading: Irvin Yalom, “In Search of the Dreamer”

May 17
Lecture and Discussion: Contemporary Psychodynamic Therapy
Reading: Anderson, “The Childhood Adaptational Pattern.” This reading will be passed out in class.

May 22
Lecture and Discussion: Group Therapy

May 24
Lecture and Discussion: Marital Therapy
Reading: Michele Scheinkman & Mona Dekoven Fishbane, “The Vulnerability Cycle”

May 29
Lecture and Discussion: Therapy for Drug Abuse and Alcoholism
Reading: Jean Kinney & Gwen Leaton, “Understanding Alcohol,” 136-164.

May 31
Test #3: covering Contemporary Psychodynamic Therapy, Group Therapy, Marital 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)

Organization of the Course

HDPS 301: Introduction to Counseling
This course focuses on counseling that is aimed to help clients with psychological problems and difficulties, that is, psychotherapy.

The course begins with an examination of Freud’s psychoanalysis, the original form of psychotherapy, because, it is argued, the other major forms of psychotherapy are all elaborations on, or reactions against, psychoanalysis, and they cannot be understood without a familiarity with psychoanalysis. Then the three major forms of individual psychotherapy at use today are studied: person-centered therapy (originally developed by Carl Rogers), cognitive therapy (originally developed by Aaron Beck), and contemporary psychodynamic therapy. Throughout the examination of these forms of therapy, attention is paid to research on the therapeutic effectiveness of the different forms of therapy.

Finally, three other types of therapy are studied: group therapy, marital therapy, and therapy for drug abuse and alcoholism.

There will be three tests spaced during the quarter, each test covering about one-third of the material. Doing well on the tests requires mastery of portions of the readings and the information from the lectures. There are also three mini-assignments related to the different forms of therapy, for example, one assignment involves completing and commenting upon a Q-sort test (a method of research much used in the person-centered tradition). These three assignments are graded pass-fail; your grade will be affected if an assignment is not completed. I will check to see that they are handed in, but I will not return them. Please submit hard copies of these assignments.

The goal of the course is for the students to learn about the major approaches to psychotherapy, the theories on which they are based, the processes and techniques used in practicing these psychotherapies, and the research on their effectiveness.

Grading

Your grade will be an average of your grades on the three tests.

The tests fulfill the necessary role of providing me with an objective means of evaluating your performance in the course. I also see them as an integral part of the learning process because the tests encourage you to master the basics of the methods of counseling that we are studying.

I try to make a point of keeping the reading assignments moderate so that I can expect you to study the reading carefully. Through the reading, plus the lectures, you should be able to learn each of the methods of therapy that we are studying. The tests will be straight-forward and fair, covering the information from the readings and lectures. Since the tests rely a great deal on the lectures, make sure you borrow someone else’s lecture notes if you have to miss a class. (Note: I do not grade on a curve; you will not hurt your grade by helping someone out through lending your notes.)

The questions on the tests will be short-answer questions. Usually when I ask you to define a concept I also ask you to provide an illustration (that is, an example).
A typical question might be: “Define Freud's concept of reaction formation and give an illustration.” Definition: “A defense by which one replaces a threatening impulse or feeling with its opposite.” An adequate illustration would not be: “A homophobe.” The illustration should not just be named but should show how the defense operates. For example: "A homophobe is using reaction formation when he has sexual desire for a gay man, potentially feels threatened by this impulse, and consciously believes, ‘I hate gay men,’ or ‘I’m disgusted by gay men.’”

If you master the information from the lectures and study the reading, you will do well on the tests. I will also give you a study “guide” shortly before each test specifying the parts of the readings that will be emphasized on the tests. But I recommend you do all the reading, because you will understand the material from the classes (all of which can be asked about on the tests) much better if you do all the readings). There will be no surprises on the tests. I will simply ask you a sampling of the major ideas of the course to see whether you have learned them. I expect the great majority of you to have a firm grasp of the major methods of psychotherapy by the end of the course.