

Syllabus

Course Overview

Welcome to your Capella University online course, PSYC4320 – Theories of Counseling and Psychotherapy.

This course is a comprehensive overview of the major concepts and practices of contemporary counseling and psychotherapy. In addition, you will analyze ethical and professional issues in counseling practice. During the course, you will apply concepts and principles of psychological theories to develop a theoretical orientation of counseling based on your own personality. The course covers 11 major theoretical approaches including the key concepts of each approach, the therapeutic process, the client-therapist relationship, and specific techniques and procedures used in the practice of counseling. In addition, you will apply evidence-based methods and techniques to counseling practice and analyze psychotherapeutic approaches for diverse populations.

Course Competencies

(Read Only)

To successfully complete this course, you will be expected to:

- 1 Apply concepts and principles of major psychological theories to counseling issues.
- 2 Apply theoretical and evidence-based approaches to counseling practice.
- 3 Analyze psychotherapeutic approaches for diverse populations.
- 4 Analyze ethical issues in counseling practice.
- 5 Develop a theoretical personal philosophy of counseling.
- 6 Communicate in a manner that is scholarly, professional, and consistent with expectations for professionals in the field of psychology or counseling.

Course Prerequisites

Prerequisite(s): PSYC1000 or PSYC1001 ; PSYC2320.

Syllabus >> Course Materials

Required

The materials listed below are required to complete the learning activities in this course.

Integrated Materials

Many of your required books are available via the VitalSource Bookshelf link in the courseroom, located in your Course Tools. Registered learners in a Resource Kit program can access these materials using the courseroom link on the Friday before the course start date. Some materials are available only in hard-copy format or by using an access code. For these materials, you will receive an email with further instructions for access. Visit the [Course Materials](#) page on Campus for more information.

Book

Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Boston, MA: Cengage. ISBN: 9781305263727.

Halbur, D. A., & Halbur, K. V. (2019). *Developing your theoretical orientation in counseling and psychotherapy* (4th ed.). Boston, MA: Pearson. ISBN: 9780134805726.

Library

The following required readings are provided in the Capella University Library or linked directly in this course. To find specific readings by journal or book title, use [Journal and Book Locator](#). Refer to the [Journal and Book Locator library guide](#) to learn how to use this tool.

- Chandler, C. K., Portrie-Bethke, T. L., Minton, C. A. B., Fernando, D. M., & O'Callaghan, D. M. (2010). [Matching animal-assisted therapy techniques and intentions with counseling guiding theories](#). *Journal of Mental Health Counseling*, 32(4), 354–374.
- Hardcastle, S., Blake, N., & Hagger, M. S. (2012). [The effectiveness of a motivational interviewing primary-care based intervention on physical activity and predictors of change in a disadvantaged community](#). *Journal of Behavioral Medicine*, 35(3), 318–333.
- Hays, P. A. (2009). [Integrating evidence-based practice, cognitive-behavior therapy, and multicultural therapy: Ten steps for culturally competent practice](#). *Professional Psychology: Research and Practice*, 40(4), 354–360.
- Kariin, B. E., & Cross, G. (2014). [From the laboratory to the therapy room: National dissemination and implementation of evidence-based psychotherapies in the U.S. Department of Veterans Affairs Health Care System](#). *The American Psychologist*, 69(1), 19–33.
- Katsikis, D. (2014). [Evidence-based research: The importance for the present and future of evidence-based practice](#). *Journal of Evidence-Based Psychotherapies*, 14(2), 259–270.
- McGaffie, M. (2013). [Breaking stigmas: A culturally relevant CBT support group for African American adolescents \(Masters Project\)](#). Available from ProQuest Dissertations Publishing. (UMI No. 1542441).
- Norcross, J. C., Krebs, P. M., & Prochaska, J. O. (2011). [Stages of change](#). *Journal of Clinical Psychology*, 67(2), 143–154.
- Quinn, A. (2013). [A person-centered approach to multicultural counseling competence](#). *Journal of Humanistic Psychology*, 53(2), 202–251.
- Robey, P. A. (2011). [Reality therapy and choice theory: An interview with Robert Wubbolding](#). *The Family Journal: Counseling and Therapy for Couples and Families*, 19(2), 231–237.
- Schimmel, C. J., & Jacobs, E. E. (2013). [Creative interventions using chairs: Going beyond Gestalt](#). *Journal of Creativity in Mental Health*, 8(4), 428–443.
- Shumaker, D. (2012). [An existential-integrative treatment of anxious and depressed adolescents](#). *Journal of Humanistic Psychology*, 52(4), 375–400.
- Thompson, D. R., Chair, S. Y., Chan, S. W., Astin, F., Davidson, P. M., & Ski, C. F. (2011). [Motivational interviewing: A useful approach to improving cardiovascular health?](#) *Journal of Clinical Nursing*, 20(9/10), 1236–1244.
- Thompson, N., & Walsh, M. (2010). [The existential basis of trauma](#). *Journal of Social Work Practice*, 24(4), 377–389.
- Vivian, D., & Salwen, J. (2013). [Key process issues in Cognitive Behavioral Analysis System of Psychotherapy \(CBASP\): Translation of an evidence-based model into clinical practice and training](#). *Psychotherapy*, 50(3), 398–403.

- Westra, H. A., Aviram, A., & Doell, F. K. (2011). Extending motivational interviewing to the treatment of major mental health problems: Current directions and evidence. *Canadian Journal of Psychiatry*, 56(11), 643–650.
- Wubbolding, R. E., Brickell, J., Lothar, I., Imhof, L., Kim, R. I., Lojk, L., & Al-Rashidi, B. (2004). Reality therapy: A global perspective. *International Journal for the Advancement of Counseling*, 26(3), 219–228.
- Zinker, J. C. (2009). Gestalt therapy is permission to be creative: A sermon in praise of the use of experiment in Gestalt therapy. *Gestalt Review*, 13(2), 123–124.

External Resource

Please note that URLs change frequently. While the URLs were current when this course was designed, some may no longer be valid. If you cannot access a specific link, contact your instructor for an alternative URL. Permissions for the following links have been either granted or deemed appropriate for educational use at the time of course publication.

- American Association for Marriage and Family Therapy. (2015). Code of ethics. Retrieved from https://www.aamft.org/imis15/AAMFT/Content/Legal_Ethics/Code_of_Ethics.aspx
- American Psychological Association. (2010). Ethical principles of psychologists and code of conduct. Retrieved from <http://www.apa.org/ethics/code/>
- American School Counselor Association. (2016). Legal & ethical. Retrieved from <https://www.schoolcounselor.org/school-counselors-members/legal-ethical>
- ASCA. ASCA Ethical Standards for School Counselors. The American School Counselor Association (ASCA)
- Purdue Online Writing Lab (OWL). (n.d.). Retrieved from <https://owl.english.purdue.edu/>

Suggested

The following materials are recommended to provide you with a better understanding of the topics in this course. These materials are not required to complete the course, but they are aligned to course activities and assessments and are highly recommended for your use.

Optional

The following optional materials are offered to provide you with a better understanding of the topics in this course. These materials are not required to complete the course.

External Resource

Please note that URLs change frequently. While the URLs were current when this course was designed, some may no longer be valid. If you cannot access a specific link, contact your instructor for an alternative URL. Permissions for the following links have been either granted or deemed appropriate for educational use at the time of course publication.

- Beck Institute for Cognitive Behavior Therapy. (n.d.). Retrieved from <https://www.beckinstitute.org>
- The Albert Ellis Institute. (2019). Retrieved from <http://albertellis.org/>

Unit 1 >> Introduction to Counseling Theories

Introduction

Counseling students need to understand the major theoretical approaches to counseling and psychotherapy before they can acquire their own counseling style. This unit you will begin your journey in counseling and psychotherapy with a brief overview of the theories, a review of your own personal characteristics, and an introduction to becoming an ethical and multiculturally aware counselor. For the discussion this unit, you will review the issues faced by beginning therapists starting on page 28 in your Corey textbook, *Theory and Practice of Counseling and Psychotherapy*, and reflect on some of the issues you may encounter as a counselor. For the Unit 2 assignment you will write about ethical issues in counseling. Please review and keep in mind some of the ethical issues you read about in Chapter 3 of your Corey textbook to prepare for the Unit 2 assignment.

Learning Activities

u01s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 1, "Introduction and Overview," pages 6–15.
- Chapter 2, "The Counselor: Person and Professional," pages 18–35.
- Chapter 3, "Ethical Issues in Counseling Practice," pages 38–53.

Library Guides

The following Capella University Library Guide may be useful to you in this unit and throughout the course:

- [Library Guide: Counseling Diverse Populations](#).

u01d1 - Issues Faced By Beginning Therapists

There are many issues faced by beginning therapists as they take what they learned in class about seeing clients and attempt to integrate theory into practice. At some point beginning therapists will have real concerns about their adequacy as a person and as a professional. Review the issues listed in your Corey text, *Theory and Practice of Counseling and Psychotherapy*, on pages 28–33. Choose three of the issues that you might encounter in practice and address the following in your post:

- Discuss how the issues might affect your personal view of how people grow and change.
- Indicate how you can turn your limitations (personal or professional) into strengths when it comes to counseling clients.
- Describe at least one ethical issue you may encounter when working with a diverse population.

Response Guidelines

Read the posts of your peers and respond to the post of at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

Unit 2 >> Psychoanalytic and Adlerian Therapies

Introduction

During this unit you will start learning about theories and techniques of counseling by studying both psychoanalytic therapy and Adlerian therapy. Freud's views and psychoanalytic therapy continue to influence contemporary therapy, and are considered the foundation of all theories that followed. Adler was a colleague of Freud, but abandoned some of Freud's basic ideas because he thought they were too narrow. Adler included the importance of social relationships in his theory instead of sexuality and stressed choice and responsibility.

Learning Activities

u02s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 4, "Psychoanalytic Therapy," pages 58–92.
- Chapter 5, "Adlerian Therapy," pages 98–126.

Use the Internet to review the following professional organization ethical codes:

- American Association for Marriage and Family Therapy's [Code of Ethics](#).
- American Counseling Association's [2014 ACA Code of Ethics](#).
- American Psychological Association's [Ethical Principles of Psychologists and Code of Conduct](#).
- American School Counselor Association's [Legal & Ethical](#).

Multimedia

- View [Theoretical Models for Mental Health Counseling](#).
 - Go to the "Adlerian" tab to watch a video and read about Adlerian therapy.
- View the timeline [Counseling Theories, 1896–1992](#).
- View the [Psychotherapy Timeline](#).
 - These timelines provide an overview and context for the major theories in this course.

u02s2 - Assignment Preparation

Assignment Preparation

In Unit 7 you are required to complete an assignment based on a professional interview. Please plan ahead, and use the following Campus resources to prepare:

- [Informational Interviewing](#).
- [Informational Interviewing Prep](#).
- [Informational Interviewing Tips](#).

Library Guides

The following Capella University Library Guide may be useful to you in this unit and throughout the course:

- [Library Guide: Ethics and Standards for Professional Practice in Counseling](#).
 - This is a great resource with an extensive list of ethical codes and links to many different counseling fields.

u02a1 - Counseling and Ethics

Overview

Beginning counselors may face ethical issues as they get started in counseling practice. The beginning stages of counseling entail integrating and applying theoretical knowledge and psychotherapeutic techniques learned in school while facing a diverse population of clients for the first time. New counselors need to be familiar with professional ethical codes, state statutes, and ethical issues that might arise. Counselors may experience uncertainties about their skills and abilities to cope with ethical dilemmas as they begin practice. However, with experience and supervision, new counselors can effectively help their clients.

Instructions

For this assignment, you will choose one of the ethical codes based on your area of interest (APA, ACA, MFT, LSW, school counselor, et cetera) and review state laws regarding counselors and psychologists in your state. You will apply the ethical code and laws to an ethical issue you might encounter during counseling sessions. You may either select a case study issue from your Corey text or use an issue you identify while reviewing the ethical codes.

You can find links to the ethical codes in the unit content. Following the "Steps in Making Ethical Decisions" on page 40 of your Corey text, trace the steps as you work through your ethical issue. You may need to conduct additional research in Capella's library as you familiarize yourself with the codes, consider your possible responses to the issue, and support your approach to each step. The Library Guides in the Resources can help you with your research.

In your assignment, use the following model developed by Corey (2017) and his colleagues to address the ethical issue (see page 40 of the textbook for the model):

- Identify and summarize the ethical problem or dilemma. Why is it a problem?
- Identify the potential issues. (Surrounding issues may include other people, state laws, et cetera.)
- Look at the relevant ethical codes for general guidance on the matter. Explain which code or codes apply.
- Consider applicable laws and regulations, and determine how they may have a bearing on an ethical dilemma.
- Explain how you would seek consultation for more than one source to obtain various perspectives on the dilemma. Identify potential resources or people.
- Brainstorm various possible courses of action. Consider culturally appropriate aspects of the situation.
- Enumerate the consequences of various decisions, and reflect on the implications of each course of action for your client. Incorporate scholarly research for support as needed.
- Decide on what appears to be the best possible course of action and provide a recommendation as your conclusion.

Additional Requirements

- Your paper should be 3–4 pages in length.
- Support conclusions with properly cited codes or statutes, and the textbook or any other outside references.
- Include at least three peer-reviewed resources.

Your assignment will be scored on the following criteria:

- Explain an ethical problem related to counseling.
- Apply relevant codes or guidelines to an ethical problem.
- Analyze perspectives and approaches for dealing with an ethical problem.
- Recommend a well-supported best course of action.
- Write coherently to support a central idea with correct grammar, usage, and mechanics as expected of a psychology professional.
- Successfully implement APA style.

Review the assignment scoring guide to ensure that you meet all criteria.

Reference

Corey, G. (2017). *Theory and Practice of Counseling and Psychotherapy* (10th ed.). Boston, MA: Cengage.

Course Resources

[Capella University Library Guide: Ethics and Standards for Professional Practice in Counseling.](#)

[Psychology Research Guide](#)

[How Do I Find Peer-Reviewed Articles?](#)

u02d1 - Psychoanalytic Therapy

For this discussion you will compare the ideas of Freud, Adler, Erikson, and Jung. Draw on your readings from your Corey text, *Theory and Practice of Counseling and Psychotherapy*, and other research articles from the Capella library. In your post, respond to the following:

- Describe the basic similarities and differences in the ideas of Freud and Adler.
 - How are Freud and Adler relevant today?
- Explain some of the changes Erikson, Jung, and Adler made to the Freud's original psychoanalytic theory.
- Read about the therapeutic techniques and procedures on pages 72–77 of your Corey text and describe at least one.
 - Indicate the factors of the technique or procedure that make it psychoanalytic.
 - Consider the psychoanalytic view of human nature, structure of personality, consciousness and the unconscious, et cetera.

Response Guidelines

Respond to the posts of at least two other learners over a minimum of two days by asking questions and adding comments that expand and deepen the conversation. Your responses are expected to be substantive.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

Unit 3 >> Existential Therapy

Introduction

In contrast to other theories, existential therapy is more about a way of thinking or an attitude about psychotherapy rather than a particular style of practicing psychotherapy. It is helpful for beginning counselors to understand existential therapy by applying the existential ideas to their own lives. Existential therapy was influenced by the work of early philosophers. Although existential therapy has no founders, Viktor Frankl and Irvin Yalom are two key figures in its development.

Learning Activities

u03s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 6, "Existential Therapy," pages 130–159.

Use the Capella library to read the following:

- Shumaker, D. (2012). [An existential–integrative treatment of anxious and depressed adolescents](#). *Journal of Humanistic Psychology, 52*(4), 375–400.
- Thompson, N., & Walsh, M. (2010). [The existential basis of trauma](#). *Journal of Social Work Practice, 24*(4), 377–389.
- Chandler, C. K., Portrie-Bethke, T. L., Minton, C. A. B., Fernando, D. M., & O'Callaghan, D. M. (2010). [Matching animal-assisted therapy techniques and intentions with counseling guiding theories](#). *Journal of Mental Health Counseling, 32*(4), 354–374.

Suggested Internet Resources

- From the online Corey supplement, view:
 - The Case of Stan 4: Existential Theory.
 - Lecturette 6: Existential Therapy.

u03d1 - Historical Background

This discussion focuses on the historical and philosophical background of existential therapy. In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, review pages 133–137 to gain an understanding of the background information in existential therapy. In your post, address the following:

- What is the importance of the historical and philosophical background of the existential approach?
- Discuss the essence of the existential view of human nature. Include discussion about the implications of this view for counseling practice.
- Explain how you would integrate existential therapy in your practice.

Response Guidelines

Respond to the posts of at least two other learners over a minimum of two days by asking questions and adding comments that expand and deepen the conversation. Your responses are expected to be substantive.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

u03d2 - Dimensions of the Human Condition

The existential approach to therapy provides rich material for personal exploration as you prepare to become counselors or helping professionals. In this theory there are many themes and issues that may relate to your personal life. Some of the existential issues that future counselors might grapple with include: the meaning of life, death and dying, anxiety and guilt, freedom and responsibility, and so on. For this discussion reflect on the propositions found on pages 138–146 of the Corey textbook.

1. Discuss three of the basic propositions of existential therapy and apply them to your own life. Give specific examples.
2. Explain how your understanding of yourself in the context of the existential themes will enhance your work with your clients as an existential oriented therapist. Include in your discussion the existential therapy therapeutic process and the therapist's role and function.

Response Guidelines

Respond to the posts of at least two other learners over a minimum of two days by asking questions and adding comments that expand and deepen the conversation. Your responses are expected to be substantive.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

Unit 4 >> Person-Centered Therapy

Introduction

Person-centered therapy is very much like the existential approach that you read about in Chapter 6 in your Corey text. For instance, both the existential theory and the person-centered theory share the idea of the person as basically good and well-intentioned. Carl Rogers developed the person-centered theory based on the idea that people have the potential for self-understanding and the ability to solve their own problems. Furthermore, therapists who practice this theory exhibit the characteristics of genuineness and unconditional positive regard when working with clients.

Learning Activities

u04s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 7, "Person-Centered Therapy," pages 164–192.

Use the Capella library to read the following:

- Thompson, D. R., Chair, S. Y., Chan, S. W., Astin, F., Davidson, P. M., & Ski, C. F. (2011). Motivational interviewing: A useful approach to improving cardiovascular health? *Journal of Clinical Nursing, 20*(9/10), 1236–1244.

- Westra, H. A., Aviram, A., & Doell, F. K. (2011). Extending motivational interviewing to the treatment of major mental health problems: Current directions and evidence. *Canadian Journal of Psychiatry*, 56(11), 643–650.
- Hardcastle, S., Blake, N., & Hagger, M. S. (2012). The effectiveness of a motivational interviewing primary-care based intervention on physical activity and predictors of change in a disadvantaged community. *Journal of Behavioral Medicine*, 35(3), 318–333.
- Norcross, J. C., Krebs, P. M., & Prochaska, J. O. (2011). Stages of change. *Journal of Clinical Psychology*, 67(2), 143–154.
- Quinn, A. (2013). A person-centered approach to multicultural counseling competence. *Journal of Humanistic Psychology*, 53(2), 202–251.

Multimedia

- Read and view a video about Person-Centered Therapy (PCT) in Theoretical Models for Mental Health Counseling.

Internet Resources

Use the Internet to view the following:

- Carl Rogers and Gloria Counselling – Part 1 | Transcript.
 - Carl Rogers talks about his theory and then does a counseling session with Gloria.

u04d1 - Basic Principles of PCT

For this discussion you will examine the historical changes in the person-centered therapy approach and apply some of the basic principles. In your post, address the following:

- Describe how the views of human nature and the therapeutic process make person-centered therapy different from other therapies you have studied.
- Evaluate this approach, discussing the main contributions and limitations.
- Describe the strengths and limitations of the theory from a multicultural perspective.

Response Guidelines

Read the posts of your peers and respond to the post of at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

u04d2 - Theory Application and Motivational Interviewing

Most therapists use concepts and principles from person-centered therapy while building and maintaining relationships with their clients. Motivational Interviewing and the Stages of Change model are based on person-centered therapy and have wide therapy application including addictions and other disorders. For this discussion you will reflect on ways you might apply this theory to practice. In your post, include the following:

- Discuss the importance placed on the client-counselor relationship. Describe the therapeutic conditions necessary and sufficient for therapeutic change to occur. Be sure to address congruence, unconditional positive regard, and accurate empathetic understanding.
- Discuss the concepts from person-centered therapy that you would want to include as a basic part of your own personal counseling style.
- Explain how you might apply Motivational Interviewing and the Stages of Change model in practice.

Response Guidelines

Read the posts of your peers and respond to the posts of at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Psychology Undergraduate Discussion Scoring Guide

Unit 5 >> Gestalt Therapy

Introduction

According to Corey (2017), "Gestalt therapy is an existential, phenomenological approach" to psychotherapy. Corey states that the theory is based on the premise that individuals in therapy can only be understood within the context of their environment. The client's experiences and issues are comprehended through what is happening within the present moment during therapy. Consequently, the goal for clients is to expand their awareness of what they are experiencing during therapy. Gestalt therapists are interested in how people behave in the present moment rather than why they behave like they do. Gestalt therapy is also rich in therapeutic techniques and procedures. Please note in particular the Gestalt therapy interventions in this unit's studies. Many contemporary psychotherapists integrate Gestalt techniques, such as those you will learn about in this unit, into their client sessions.

Reference

Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Boston, MA: Cengage.

Learning Activities

u05s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 8, "Gestalt Therapy," pages 198–226.

In your Halbur and Halbur text, *Developing Your Theoretical Orientation in Counseling and Psychotherapy*, read the following:

- Chapter 1, "Why Theoretical Orientation Is Important," pages 1–12.
- Chapter 2, "Incorporating Theory Into Practice," pages 13–25.
- Chapter 3, "Top Ten Ways to Find Your Theoretical Orientation," pages 27–48.

Use the Capella library to read the following:

- Zinker, J. C. (2009). Gestalt therapy is permission to be creative: A sermon in praise of the use of experiment in Gestalt therapy. *Gestalt Review*, 13(2), 123–124.
- Schimmel, C. J., & Jacobs, E. E. (2013). Creative interventions using chairs: Going beyond Gestalt. *Journal Of Creativity In Mental Health*, 8(4), 428–443.

Multimedia

- View the video and read the information in the Gestalt tab of [Theoretical Models for Mental Health Counseling](#).

u05s2 - Assignment Preparation

Assignment Preparation

In Unit 7 you are required to complete an assignment based on a professional interview. Review the assignment instructions and scoring guide, and plan ahead. Use the following Campus and Internet resources to prepare:

- [Informational Interviewing](#).
- [Informational Interviewing Prep](#).

- [Informational Interviewing Tips](#).
- [Purdue Online Writing Lab \(OWL\)](#).
 - Visit this site for information about writing interview questions.

u05a1 - Theoretical Orientation

Overview

Developing your theoretical orientation is one of the most important yet challenging aspects of your professional development. It will be a dynamic process with rewards and demands. During your academic career as a counselor, you will learn particular counseling skills and you will be challenged to learn and practice skills specific to certain theories of mental health counseling. Developing a theoretical approach is a lengthy process that will take active learning beyond this course and even beyond this degree. Effectiveness in a particular therapeutic approach takes years of training, practice, and supervision. Understanding the scope of this development will ease some of your anxiety regarding selecting a theory and demonstrating it with competency after taking this course.

A theory is a conceptual framework that assists counselors in assessing and treating clients (Halbur and Halbur, 2019). Theories espouse particular *paradigms*, or groups of assumptions and beliefs. From those beliefs, a theory will promote a certain way of assessing and treating clients that aligns with the paradigm. Understanding theory first begins with the textbook knowledge you will gain in this course. Then it will take a professional dedication to further develop a knowledge base around a theory or group of theories that interest you. Utilizing theory in practice takes extensive self-knowledge. This knowledge begins as you discover the theories that most closely align with your own assumptions and beliefs, and ends with the techniques you will use with clients. Therefore, this process is lengthy and dynamic (Halbur and Halbur, 2019).

Assignment Instructions

Counselors use various ways to explore theories to determine their own theoretical orientation. One way of exploration is assessment and self-reflection to match the counselor's beliefs and personal philosophy about how people change and how counseling and psychotherapy work. For this assignment you will first complete and score the "Selective Theory Sorter-Revised" on page 31 of your Halbur and Halbur textbook, *Developing Your Theoretical Orientation in Counseling and Psychotherapy*. This assessment will help you determine your own theoretical orientation in the counseling theories. Then you will reflect upon the assessment and what it might mean for the development of your own theoretical orientation. When you have determined which theories fit you the best, address the following:

- Explain why counselors need a theoretical orientation.
- Explain how theoretical orientation may change based on counseling knowledge and experience.
- Describe your theoretical orientation from the Selective Theory Sorter-Revised.
 - Explain how your personal philosophy of change affects your theory selection.
- Describe 2–3 techniques and interventions used in your theoretical orientation.
- Discuss how your theoretical orientation will affect your clients and your work as a counselor.
- Support your explanations and claims with scholarly references.

Additional Requirements

- Write your paper in essay format.
- Your paper should be 4–5 pages in length.
- Include at least three peer-reviewed, scholarly articles from the Capella library databases and the textbooks.

Your assignment will be scored on the following criteria:

- Explain the importance of a theoretical orientation in counseling.
- Develop the relationship between personal philosophy and theory selection.
- Describe techniques and interventions related to a specific theoretical orientation.
- Discuss the effect of personal theoretical orientation on practice and client relationship.
- Write coherently to support a central idea with correct grammar, usage, and mechanics as expected of a psychology professional.
- Successfully implement APA style.

Review the assignment scoring guide to ensure that you meet all criteria.

Reference

Halbur, D. A., & Halbur, K. V. (2019). *Developing your theoretical orientation in counseling and psychotherapy* (4th ed.). Boston, MA: Pearson.

[Psychology Research Guide](#)

[How Do I Find Peer-Reviewed Articles?](#)

u05d1 - Gestalt Techniques and Procedures

For this discussion you will think about the different therapeutic techniques and procedures used in Gestalt therapy and you will develop your own "experiment" based on the concepts and principles of Gestalt therapy. Before starting your discussion, you may want to refer to this unit's readings. You can use the articles as sources in your discussion or feel free to search the Capella library literature for other articles about Gestalt techniques. In your post, include the following:

- Briefly discuss the differences in Gestalt-type "exercises" and "experiments."
- Think of a situation you may encounter during counseling with the client. For instance, a client tells you about a troubling relationship with a significant other or parent, problems at work, depression and anxiety symptoms and issues, aches and pains, et cetera. Briefly describe the client and issue.
- Next, create a Gestalt-type experiment you might use with this client. Describe how the experiment you created is based on concepts and principles of Gestalt.

Response Guidelines

Read the posts of your peers and respond to the post of at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

[Psychology Undergraduate Discussion Scoring Guide](#)

Unit 6 >> Behavior and Cognitive Behavior Therapies

Introduction

Behavior and cognitive behavior therapies are some of the most used theories in counseling and psychotherapy. One major reason they are the most used therapies is because they are evidence-based with wide support in a variety of situations. Please see the readings from Capella's library for scholarly articles in support of behavior therapy and cognitive behavior therapy. Behavior therapy is grounded in science and uses a systematic approach to counseling based on learning theory and behaviorism. Many techniques and procedures in behavior therapy use the principles of operant conditioning and classical conditioning. All of the different cognitive behavior therapies share the same characteristics and assumptions as behavior therapy. In addition, cognitive behavior therapists believe that beliefs, behaviors, emotions, and physical reactions are all linked; changes in one of the areas leads to changes in the other areas. In this unit, you will explore both behavior and cognitive behavior therapies.

Learning Activities

u06s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 9, "Behavior Therapy," pages 232–265.
- Chapter 10, "Cognitive Behavior Therapy," pages 270–307.

Use the Capella library to read the following:

- Vivian, D., & Salwen, J. (2013). Key process issues in Cognitive Behavioral Analysis System of Psychotherapy (CBASP): Translation of an evidence-based model into clinical practice and training. *Psychotherapy, 50*(3), 398–403.
- Katsikis, D. (2014). Evidence-based research: The importance for the present and future of evidence-based practice. *Journal of Evidence-Based Psychotherapies, 14*(2), 259–270.
- Kariin, B. E., & Cross, G. (2014). From the laboratory to the therapy room: National dissemination and implementation of evidence-based psychotherapies in the U.S. Department of Veterans Affairs Health Care System. *The American Psychologist, 69*(1), 19–33.
- Hays, P. A. (2009). Integrating evidence-based practice, cognitive-behavior therapy, and multicultural therapy: Ten steps for culturally competent practice. *Professional Psychology: Research and Practice, 40*(4), 354–360.
- McGaffie, M. (2013). Breaking stigmas: A culturally relevant CBT support group for African American adolescents (Masters Project). Available from ProQuest Dissertations Publishing. (UMI No. 1542441).

Multimedia

- View the video and read about cognitive behavioral therapy (CBT) in Theoretical Models for Mental Health Counseling.
- Complete Theories of Counseling and Psychotherapy Matching 1.

Optional Resources

Use the Internet to learn about the following:

- The Albert Ellis Institute.
- Beck Institute for Cognitive Behavior Therapy.

u06s2 - Discussion Preparation

Library Research

This unit's discussion, "Cognitive Behavior Therapy," requires that you reference a library article related to rational emotive behavior therapy (REBT), cognitive therapy (CT), and/or cognitive behavior therapy (CBT) theories, techniques, or procedures. Look ahead and review the discussion so you can plan your time accordingly.

u06d1 - Evidence-Based Practice

Compared to the other theories studied so far, behavior therapy is unique in that it strictly adheres to the principles of the scientific method with therapeutic techniques that are empirically supported. In addition, evidence-based practice is highly valued in behavior therapy. Behavior therapists conduct a thorough functional assessment to identify and gather information about client issues. In your post, address the following:

- Describe how you would build a relationship with your client based on the therapeutic process of behavior therapy. Include the characteristics and concepts from behavior therapy in your discussion.
- Think of a behavior change your client might want to make. Using the ABC model from behavior therapy describe a functional assessment to help your client make behavior changes.
- Evidence-based practices are highly valued in both behavior therapy and cognitive behavior therapy. How might you integrate evidence-based practices in your work with clients?

Response Guidelines

Read the posts of your peers and respond to at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

u06d2 - Cognitive Behavior Therapy

Like behavior therapy, cognitive behavior therapy also has strong empirical support. For this discussion, find a scholarly, peer-reviewed research article from the Capella library that supports REBT, CT, and/or CBT theories, techniques, or procedures. Then, in your post, respond to the following prompts:

- Describe the premise and results of the article and indicate how the research in the article can be applied to practice.
- From a multicultural perspective, apply the results from the article to a client from diverse cultural, ethnic, and racial backgrounds.
- One of the mainstays of CBT is homework. What kind of homework would you assign to a client and how would you decide the type of homework to assign?

Response Guidelines

Read the posts of your peers and respond to at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

u06q1 - Quiz 1

The Unit 6 quiz covers the theories discussed in Chapters 4–10 of your Corey text, (covered in Units 2–6). There are 20 multiple-choice questions. To prepare for the quiz, complete the following:

- Review Chapters 4–10 in your Corey text, *Theory and Practice of Counseling and Psychotherapy*.
- Review Chapter 4 in your Halbur and Halbur text, *Developing Your Theoretical Orientation in Counseling and Psychotherapy*.
- Complete the matching exercise [Theories of Counseling and Psychotherapy Matching 1](#) from the first study of this unit.

Unit 7 >> Reality Therapy

Introduction

William Glasser developed choice theory after he rejected the psychoanalytic theory in favor of helping people take responsibility for their behavior. The main ideas in choice theory explain why people do the things they do. Therapists who follow choice theory provide reality therapy to clients to help them live better lives. During therapy the therapist acts as mentor, teacher, and model to the client to help them evaluate whether or not their behavior meets their needs and does not harm others. Many counselors and therapists use this type of therapy because it holds clients accountable for their own behavior and helps them move in the direction of getting what they want, make better decisions, improve relationships, and gain greater satisfaction in life.

Learning Activities

u07s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 11, "Reality Therapy," pages 312–334.

Use the Capella library to read the following:

- Robey, P. A. (2011). [Reality therapy and choice theory: An interview with Robert Wubbolding](#). *The Family Journal: Counseling and Therapy for Couples and Families*, 19(2), 231–237.
- Wubbolding, R. E., Brickell, J., Lothar, I., Imhof, L., Kim, R. I., Lojk, L., & Al-Rashidi, B. (2004). [Reality therapy: A global perspective](#). *International Journal for the Advancement of Counseling*, 26(3), 219–228.

Internet Resources

Use the Internet to complete the following:

- Visit the [Purdue Online Writing Lab \(OWL\)](#) for information about writing interview questions.
- Read about the [WDEP Model](#).

Multimedia

Watch a video and read about reality therapy in the Reality tab of [Theoretical Models for Mental Health Counseling](#).

Optional Internet Resources

Use the Internet to learn about the following:

- [Center for Reality Therapy](#).

u07s2 - Discussion Preparation

Discussion Preparation

This unit's discussion focuses on behavior change and asks you to apply Wubbolding's WDEP (Wants, Direction, Evaluate, and Plan) system. Review the discussion and plan ahead accordingly. Use the [WDEP Model](#) worksheet.

u07a1 - Professional Interview

Overview

During this course you have learned about the different theories that were developed over the years and how those theories are used by therapists and counselors in their work with clients. Counseling students do not gain all the knowledge and experience they need to integrate and synthesize multiple theories into practice after taking one introductory course. It takes many years of study, training, and counseling experience to fully integrate theory into practice. You must learn many different theories because when it comes to the theories, one size does not fit all clients or counselors. In this assignment, you will interview a counseling professional about his or her theoretical orientation, techniques used, and counseling experience. You will then write a 5–6 page APA-style paper using the interview responses, examples, and integrating them with the research literature and information from the textbooks.

Instructions

Write at least 6–12 interview questions you will use for the interview of a local counselor or therapist. Include open-ended questions about using theories, their theoretical orientation, techniques used, evidence-based practice, ethics, and working with diverse populations. In your paper, list the questions and briefly paraphrase what the counselor therapist answered. (This will be included as an appendix to your assignment.) See the [Purdue Online Writing Lab](#) for information about writing interview questions.

Address each of the following prompts in your paper, incorporating information or reflections from your interview:

- Explain the importance of having a theoretical orientation and how theoretical orientation can help guide the counselor or therapist in practice.
- Describe the techniques used by the counselor or therapist and indicate the relationship between the techniques used and theory.
- Discuss the implications of evidence-based counseling practice.

- Discuss how therapists and counselors integrate good ethical practice.
- Explain how theoretical approaches can be applied to working with diverse populations.

Additional Requirements

- Write your paper in essay format.
- Your paper should be 5–6 pages in length, in addition to the questions and paraphrased answers as an appendix.
- Include at least three peer-reviewed, scholarly articles from the Capella library databases and the textbooks.

Your assignment will be scored on the following criteria:

- Explain the application of theoretical orientation in counseling practice.
- Analyze the relationship between techniques and theories.
- Discuss the implications of evidence-based counseling practice.
- Discuss the integration of ethical practice.
- Analyze the application of theoretical approaches to diverse populations.
- Write coherently to support a central idea with correct grammar, usage, and mechanics as expected of a psychology professional.
- Successfully implement APA style.

Review the scoring guide to ensure that you meet all criteria.

Refer to the helpful links in Resources as you prepare your assignment.

Course Resources

[How Do I Find Peer-Reviewed Articles?](#)

[Purdue Online Writing Lab \(OWL\).](#)

u07d1 - The WDEP System

In this discussion you will think about a behavior change (for instance, meet deadlines, be on time for work, keep the house clean) you might want to make in your own life and apply Wubbolding's WDEP (Wants, Direction, Evaluate, and Plan) system to help you make the behavior change. Using the WDEP Model, apply each of the WDEP procedures to your behavior change. Then, in your post, address the following:

- Briefly describe the behavior you would like to change.
- Reflect on your results of applying WDEP and discuss your results and the factors that make the WDEP system theory based.
- Identify the strengths of using reality therapy to counsel a diverse population.

Response Guidelines

Read the posts of your peers and respond to at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

[Psychology Undergraduate Discussion Scoring Guide](#)

[WDEP Model](#)

Unit 8 >> Feminist Therapy and Postmodern Approaches

Introduction

In contrast to the other therapies studied, the basis for feminist therapy is the necessity of considering the social, cultural, and political context contributing to the client's problems in order to fully understand the client. It is also important for the therapist to understand and acknowledge the psychological oppression and the sociopolitical status relegated to women by society. In addition, feminist therapy consists of effecting social change as well as individual change.

Learning Activities

u08s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 12, "Feminist Therapy," pages 338–363.
- Chapter 13, "Postmodern Approaches," pages 368–398.

Multimedia

Watch a video and read about solution-focused therapy in the "Solution-Focused" tab of [Theoretical Models for Mental Health Counseling](#).

u08s2 - Assignment Preparation

You have an assignment, "Case Study Analysis," due in Unit 9. Take some time during this unit to look ahead, and review the instructions and scoring guide so you can plan your time accordingly.

u08d1 - Integrating Feminist Therapy

Feminist therapy can be easily integrated with all of the other types of therapy you have studied so far. In fact, many therapists integrate their own theoretical orientation with principles, techniques, and strategies of feminist therapy. In this discussion, consider how you might combine feminist therapy with your own personal theoretical orientation that you explored during Unit 5. In your post, address the following:

- In your Corey text, review the core principles that form the foundation of feminist therapy practice (pages 343–345) and feminist therapy techniques and strategies (pages 349–353). Discuss how you will combine your theoretical orientation and feminist therapy using at least three of the principles, techniques, and strategies listed.
- Men are not excluded from feminist therapy. Describe how male therapists and male clients can use and benefit from feminist therapy ideas.
- As a feminist therapist, how could you integrate multiculturalism into your counseling?

Response Guidelines

Read the posts of your peers and respond to the posts of at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

u08d2 - Solution-Focused and Narrative Therapies

Both solution-focused and narrative therapies are parts of the postmodern approach to therapy. Postmodernists believe that reality and truth are understood as points of view that are restricted by history and context rather than rigid, unchanging facts. Postmodernists respect their client's version of reality without disputing whether it is accurate or rational. Much like the person-centered therapists, postmodernists view their clients as experts in their own lives who are competent and resourceful and capable of overcoming their problems. In your post, choose either solution-focused therapy or narrative therapy and address the following:

- Choose three therapeutic techniques and procedures from solution-focused therapy or narrative therapy and describe how the techniques connect to the key concepts of either solution-focused therapy or narrative therapy.
- If you had to choose one of the postmodern approaches to practice, which would it be and why?
- What are some ethical issues you may encounter using the postmodern approaches?

Response Guidelines

Read the posts of your peers and respond to the posts of at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

Unit 9 >> Family Systems Therapy

Introduction

The family systems perspective is different from other theories studied in this course because family therapists use a systems approach rather than an individual approach to therapy. In this context, *systems* refers to the ways in which each member of the family interacts and influences each other differently. Therapists consider the entire family constellation in their therapy work with individuals or families. Most people are born into families and greatly influenced by their families in one way or another throughout their lives. The family systems perspective says that individuals are best understood through their interactions with family members. Both individual and family problems result from inadequate family interactions and processes.

Learning Activities

u09s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 14, "Family Systems Therapy," pages 404–424.

u09a1 - Case Study Analysis

Overview

Counselors face many different clients throughout their careers. Working with clients is at first intimidating for new counselors. However, counselors who have an understanding of theories and have thought about their own theoretical orientation have a good start on effectively serving their clients. So far in the course, you have studied and read about many of the major theories of counseling and psychotherapy. In this assignment you will further analyze the "Stan" client case study and apply two of the theories covered in this course to the case. This assignment asks you to examine how counselors conceptualize client issues and prepare treatment options.

Instructions

You will select two theories of counseling and psychotherapy studied in Chapters 4–14 of your Corey text to describe and analyze. You will then apply the two theories to The Case of Stan (See Chapter 1 of the Corey text for the case study). The areas you should focus on when analyzing the theory are listed below. This APA-style paper should be 6–8 pages (excluding references and title page). Select the supporting sources of information carefully, using the most relevant and applicable information.

Part One: Theoretical Analysis

- Briefly describe the theory's origins (background, how was it developed, who created it) and basic philosophies (its view of human nature, theory of change, view of psychopathology, the role of the counselor).
- Explain how the theories align with your own philosophy, values, and views of the therapeutic process.
- Evaluate the research evidence supporting the theories, with an example from a current study.
- Analyze and discuss the appropriateness of the theories for diverse populations.

Part Two: Theoretical Application

- Describe goals you will work on with Stan (make sure the goals align with the chosen therapeutic approaches).
- Identify and explain interventions and techniques you will use with Stan, based on your theoretically established goals. Be very specific. Assume that you will have up to three sessions with him.
- Address cultural considerations you will keep in mind while using the therapeutic approaches with Stan.
- Discuss strengths and limitations of using the theories with Stan.

Additional Requirements

- Your paper should be 6–8 pages in length.
- Write your paper in APA-style essay format.
- Include at least five peer-reviewed, scholarly articles from the Capella library databases, and the textbook for a total of at least six sources.

Your assignment will be scored on the following criteria:

- Apply major theories to philosophy, values, and views of the therapeutic process.
- Evaluate the research evidence supporting the theories.
- Analyze the appropriate application of theories for diverse populations.
- Create a theory-based intervention or treatment plan for Individual client.
- Address cultural considerations for a specific therapeutic approach.
- Examine the strengths and limitations of theoretical approaches to specific client relationships.
- Write coherently to support a central idea with correct grammar, usage, and mechanics as expected of a psychology professional.
- Successfully implement APA style.

Review the scoring guide to ensure that you meet all criteria.

Course Resources

[APA Style and Format](#)

[How Do I Find Peer-Reviewed Articles?](#)

u09d1 - Forming a Therapeutic Relationship

Early developers of family systems therapy started doing family therapy in the 1940s and it was considered to be a revolutionary approach to therapy at the time. Now, there are many therapists who practice family therapy. For this discussion, think about how you would form a therapeutic relationship with the families you see. In your post, address the following:

- How would you begin to form therapeutic relationships with each of the family members under your care?
- How does family systems perspective differ from other theories you studied?
- What more would you need to experience or learn to become an effective family therapist?

Response Guidelines

Read the posts of your peers and respond to at least two. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

Unit 10 >> An Integrative Perspective

Introduction

Many therapists are moving toward an integration of various theories and techniques while practicing. This theory is not about throwing together a therapeutic hodgepodge looking for something that works. Psychotherapy integration is about the therapist thoughtfully pulling together various theories and techniques that will work with clients. They are open to new ideas from other perspectives. In fact, the majority of psychotherapists do not claim allegiance to one theory, but rather prefer an integration of theories.

Learning Activities

u10s1 - Studies

Readings

In your Corey text, *Theory and Practice of Counseling and Psychotherapy*, read the following:

- Chapter 15, "An Integrative Perspective," pages 428–458.

Multimedia

- Complete [Theories of Counseling and Psychotherapy Matching 2](#).

u10d1 - Psychotherapy Integration

The theories that you studied this quarter have many similarities and differences. The task of the therapist is to decide how to integrate certain features of each theory in order to work effectively with clients. Review the basic philosophies and key concepts of all the theories found on pages 432–434 of your Corey text. For this discussion, think about how you might integrate theories. In your post, answer the following questions:

- In developing your integrative approach to counseling, what factors would you most consider?
- What do you see as the advantages and disadvantages of the integrated approach?
- How can you integrate multicultural issues and spirituality and religion in counseling and psychotherapy?

Response Guidelines

Read the posts of your peers and respond to at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

u10d2 - Course Reflections

During the course you have explored 11 different theories of counseling and psychotherapy. In addition, you did a self-assessment about choosing a theoretical orientation during Unit 5. For this discussion, reflect on your choice of theoretical orientation. In your post, respond to the following:

- Now that you explored each theory, describe how, if at all, you would change your own theoretical orientation based on what you have learned.
- Briefly describe how you might handle your first encounter with an ethical dilemma. Consider the issues you discussed at the beginning of this course and how your perspective may have changed since then.
- Discuss multicultural counseling as it relates to your theoretical orientation and explain how you will integrate multicultural counseling into practice.

Response Guidelines

No responses are required for this discussion.

Course Resources

Psychology Undergraduate Discussion Scoring Guide

u10q1 - Quiz 2

The Unit 10 quiz covers the theories discussed in Chapters 11–15 of your Corey text (covered in Units 7–10). There are 20 multiple-choice questions. To prepare for the quiz, complete the following:

- Review Chapters 11–15 in the Corey text, *Theory and Practice of Counseling and Psychotherapy*.
- Review Chapter 4 in your Halbur and Halbur text, *Developing Your Theoretical Orientation in Counseling and Psychotherapy*.
- Complete the matching exercise, *Theories of Counseling and Psychotherapy Matching 2*, found in this unit's study.