

**DEREE COLLEGE SYLLABUS FOR:  
PS 4752 PSYCHOTHERAPY & COUNSELLING**

**3/0/3**

(PS 4752 Schools of Psychotherapy - L6)  
(Updated Spring 2022)

**LEVEL 6  
UK CREDITS: 15**

**PREREQUISITES:**

PS 1000 Psychology as a Natural Science – L4  
 PS 1001 Psychology as a Social Science – L4  
 PS 2010 History of Psychology – L4  
 PS 2260 Introduction to Statistical Thinking – L 4  
 PS 2347 Analysis of Quantitative Data – L 4  
 PS 3608 Developmental Psychology – L5  
 PS 3612 Personality Psychology and Individual Differences -L5

**CATALOG  
DESCRIPTION:**

Predominant theories in psychotherapy and counseling used to address a variety of mental health issues and personal growth goals. Current trends and debates in professional training and practice, diversity, and social justice issues in psychotherapy. A scientist-practitioner approach is utilized introducing ethical considerations.

**RATIONALE:**

This module familiarizes students with a variety of established theoretical orientations in psychotherapy and counselling, and examines their effectiveness, personal congruence and applicability for different client populations. It is appropriate for students interested in pursuing a career as a mental health professional.

**LEARNING OUTCOMES:**

Upon completion of this module, the student should be able to:

1. Demonstrate in depth knowledge of the major theories in psychotherapy and counselling as well as research related to each theory.
2. Critically evaluate psychotherapy and counselling research, including process and outcome research.
3. Differentiate various techniques unique to each major theory covered and common factors shared by several theoretical orientations.
4. Appreciate contemporary professional, social and ethical issues that affect the practice and training of professional psychologists in a culturally diverse society.

**METHOD OF TEACHING AND  
LEARNING:**

In line with the teaching and learning strategy of the college, the following tools are used:

- Office hours
- Use of Blackboard Site
- Lectures
- Group discussions

**ASSESSMENT:**

<b>Summative:</b>	
<b>1<sup>st</sup> assessment: Interview w/ a Professional and Reaction Paper</b>	<b>40%</b>

<b>2<sup>nd</sup> assessment: Application Assignments</b>	<b>10%</b>
<b>Final Assessment: Critical Review Paper</b>	<b>50%</b>

The 1<sup>st</sup> assessment tests Learning Outcomes 4.  
The 2<sup>nd</sup> assessment tests Learning Outcomes 1,2,3,4.  
The final assessment tests Learning Outcomes 1, 2,3.

Students are required to resit failed assessments in this module.

**INDICATIVE READING:**

**REQUIRED READING:**

Corey, G. (2017). *Theory and practice of counseling and psychotherapy*. Cengage Learning.

**RECOMMENDED READING:**

American Psychological Association. (2010). Ethical principles of psychologists and code of conduct. Retrieved from <http://apa.org/ethics/code/index.aspx>

APA Presidential Task Force on Evidence-Based Practice. (2006). Evidence-based practice in psychology. *American Psychologist*, 61, 271-285.

Beck, A. T. (1979) *Cognitive therapy of depression*. New York, NY: Guilford Press.

Beck, J. (2011). *Cognitive Therapy, Basics and Beyond*. Guilford Press.

British Psychological Society, (2009). *Code of ethics and conduct*. Retrieved from [http://www.bps.org.uk/system/files/documents/code\\_of\\_ethics\\_and\\_conduct.pdf](http://www.bps.org.uk/system/files/documents/code_of_ethics_and_conduct.pdf)

Cooper, M. (2008) *Essential Research Findings in Counselling and Psychotherapy: the facts are friendly*. London: Sage

Cooper, M. (2016). *Existential therapies* (2<sup>nd</sup> edition). Sage.

David, D, & Montgomery, G.H. (2011). The Scientific Status of Psychotherapies: A New Evaluative Framework for Evidence-Based Psychosocial Interventions. *Clinical Psychology: Science and Practice*, 18 (2).

Frankl, V. (1959/2006). *Man's search for meaning*. Beacon Press.

Gavin I. (2014) The Ethics of Mandatory Personal Psychotherapy for Trainee Psychotherapists. *Ethics and Behaviour* 24,2,91-108.

Goodheart, C. D., Kazdin, A. E., Sternberg, R. J. (Eds.) (2006). *Evidence-Based Psychotherapy: Where Practice and Research*

Meef. Washington, DC: American psychological association.  
ISBN: 159 147 0 35

Hayes, S. C., Follette, V. M., & Linehan, M. M. (Eds.). (2004). *Mindfulness and acceptance: Expanding the cognitive-behavioural tradition*. New York: Guilford Press.

Horvath, A. O., & Luborsky, L. (1993). The role of the therapeutic alliance in psychotherapy. *Journal of consulting and clinical psychology*, 61(4), 561-573. doi: 10.1037/0022-006X.61.4.561

Kazdin, A. E. (2008). Evidence-based treatment and practice: New opportunities to bridge clinical research and practice, enhance the knowledge base, and improve patient care. *American Psychologist*, 63(3), 146-159.

Lambert, M. J., & Barley, D. E. (2001). Research summary on the therapeutic relationship and psychotherapy outcome. *Psychotherapy*, 38(4), 357-361.

McWilliams, N. (1999). *Psychoanalytic case formulation*. Guilford Press.

McWilliams, N. (2004). *Psychoanalytic psychotherapy*. Guilford Press.

Messer, S.B. & Wampold, B.E. (2002). Let's face facts: Common factors are more potent than specific therapy ingredients. *Clinical Psychology: Science and Practice*, 9, 21-25.

Mitchell, S.A., & Black, M. J. (1995). *Freud and beyond: A history of modern psychoanalytic thought*. Basic Books.

Norcross, J. C. (2005). The psychotherapist's own psychotherapy: educating and developing psychologists. *American Psychologist*, 60(8), 840.

Norcross, J. C. (Ed.) (2011). *Psychotherapy relationships that work: Evidence-based responsiveness* (2<sup>nd</sup> edition). Oxford University Press.

Pope, K. S. & Vasquez, M. J. T. (2016). *Ethics in psychotherapy and counselling* (5<sup>th</sup> edition). John Wiley & Sons.

Prochaska, J. O. & Norcross John C. (2014). *Systems of psychotherapy: A transtheoretical analysis*. Cengage Learning.

Rogers, C. (1961/95) *On Becoming a Person*. New York: Houghton Mifflin Co.

Rogers, C.R. (1957). The necessary and sufficient conditions of therapeutic personality change. *Journal of Consulting Psychology*, 21, 95-103.

Steven C. Hayes, Kirk D. Strosahl, and Kelly G. Wilson (2011). *Acceptance and Commitment Therapy: The Process and Practice*

	<p><i>of Mindful Change</i> (2<sup>nd</sup> Edition). Guilford Press. ISBN 978-1-60918-962-4.</p> <p>Will, K. (2014). Using a pluralistic approach in counselling psychology and psychotherapy practice with diverse clients: Explorations into cultural and religious responsiveness within a Western paradigm. <i>Counselling Psychology Review</i>, 29(1), 16-28.</p> <p>William R. Miller and Stephen Rollnick. (2013) <i>Motivational Interviewing</i>, 3rd Ed. Guilford Press. ISBN 1-60918-227-4.</p> <p>Yalom, I. (2002). <i>Gift of therapy: An open letter to a new generation of therapists and their patients</i>. HarperCollins Publishers.</p> <p>Yalom, I. D. (1989). <i>Love's Executioner and Other Tales of Psychotherapy</i>. Basic Books.</p>
<p><b>INDICATIVE MATERIAL:</b> (e.g. audiovisual, digital material, etc.)</p>	<p><b>REQUIRED MATERIAL:</b> N/A</p> <p><b>RECOMMENDED MATERIAL:</b> N/A</p>
<p><b>COMMUNICATION REQUIREMENTS:</b></p>	<p>Project submitted in Word. Academic use of English, both oral and written.</p>
<p><b>SOFTWARE REQUIREMENTS:</b></p>	<p>Blackboard, MS Office, search engines</p>
<p><b>WWW RESOURCES:</b></p>	<p>-American Psychological Association: <a href="http://www.apa.org">www.apa.org</a>          -Psychotherapy.net: <a href="https://www.psychotherapy.net/">https://www.psychotherapy.net/</a>          -Ken Pope's website (excellent resource for various ethics-related topics: <a href="https://www.kspope.com/">https://www.kspope.com/</a>          -American Psychoanalytic Association: <a href="https://apsa.org/">https://apsa.org/</a>          -Anna Freud Center: <a href="https://www.annafreud.org/">https://www.annafreud.org/</a>          -Existential Humanistic Institute: <a href="http://ehinstitute.org/">http://ehinstitute.org/</a>          -Beck Institute for Cognitive Behavior Therapy: <a href="https://beckinstitute.org/">https://beckinstitute.org/</a>  <b>-APA, Division 12 Empirically-Validated Treatments:</b>  <a href="http://www.psychology.sunysb.edu/eklonsky-/division12/">www.psychology.sunysb.edu/eklonsky-/division12/</a>  <a href="http://www.div12.org/">www.div12.org/</a></p>
<p><b>INDICATIVE CONTENT:</b></p>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Ethics and Current Issues in Psychotherapy</li> <li>3. Psychoanalysis and psychodynamic therapies</li> <li>4. Humanistic/ Existential/ Experiential Approaches to Psychotherapy</li> <li>5. Behavioral and Cognitive Behavioral Therapies</li> <li>6. Interpersonal Psychotherapy</li> <li>7. Family Therapy/ Group Therapy</li> <li>8. Feminist and Multicultural Theories</li> </ol>