

# Approaches to Psychotherapy

Coastal Carolina University – Fall 2020  
Class Meetings:

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## INSTRUCTOR INFORMATION

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**Instructor: Marlena M. Ryba, PhD**

Office Location: Smith 217C

Phone: 843-349-2122

Email: [mryba@coastal.edu](mailto:mryba@coastal.edu)

Office Hours: Tues 11:00AM – 1:00PM

Wed 8:00AM – 9:00AM

11:00AM – 12:00PM

Thurs 10:50AM – 11:50AM

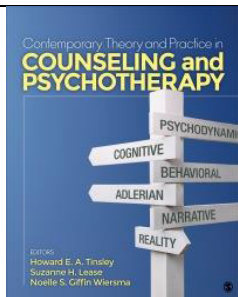
Or by appointment



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## REQUIRED TEXTBOOK

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1. Tinsley, H.E.A., Lease, S.H., & Giffin Wiersma, N.S. (2016). *Contemporary Theory and Practice in Counseling and Psychotherapy + Theories of Counseling and Psychotherapy in Action*. ISBN: 9781506316925
2. There will be supplemental readings and handouts that I will provide throughout the course.

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## COURSE DESCRIPTION

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This course is an introduction to the major theories of counseling and psychotherapy, including contemporary approaches. Lectures, readings, films, class discussions, and experiential class exercises are used to facilitate the exploration of the theories, methods, and research in the practice of counseling and psychotherapy. Students learn the theories and techniques of major psychotherapy approaches, an awareness of ethical issues associated with the field, an understanding of the different critiques that have been directed at mainstream therapeutic approaches, and a growing awareness of various therapeutic philosophies.

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## COURSE OBJECTIVES AND LEARNING OUTCOMES

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1. Become familiar with major schools of traditional and contemporary therapeutic systems and develop a theoretical and practical approach to counseling and psychotherapy.
  2. Become aware of major concepts, ethical, and professional issues in counseling practice
  3. Gain an understanding of the personal and educational requirements of various clinical and counseling psychology professions and review career paths for helping professions.
  4. Gain an appreciation of providing civic service within the community and how theoretical structures can help with understanding and providing community needs.
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## **COURSE REQUIREMENTS**

### **Readings/Assignments**

Students are expected to read in advance the chapters designated each week outlined below and/or complete video related assignments (see schedule).

I will coordinate lectures with readings, but there will be class material NOT presented in the book. This should pose no problem: the book is well written, and you will be exposed to more material this way.

Finally, I want you to enjoy the class material. I believe that the student should take an active role in the classroom. Instead of only lecturing, I want to interact with you through demonstrations and active discussions. This will only occur if you cooperate and participate.

### **Exams (300pts)**

There will be two exams (100 points each) that will cover the information from class readings, lectures, and class discussion. The exams will consist of multiple-choice, short-answer and essay type questions. For information about the guidelines for make-up exams, please refer to the “Late/Make-up Policy” section of the syllabus.

### **Video Reports (50pts)**

Students are required to watch five (5) therapy session videos and complete a video report for each. We will view & discuss some of the videos in class and you will view some independently. You will complete your report on your own time (deadlines in calendar). Each video assignment is designed to help you view the relevant therapy session and apply what you have learned from the theoretical approach to the practice session. Each video report is worth 10 points and will be submitted in class or via Moodle. Failure to complete assignments by deadlines will result in zero points – there are no make-ups.

### **Group Presentation (50 points)**

Small group presentation will be required. You will form into small groups present on various psychotherapy theories. You will be given time to work in your groups during class. More specific information regarding this assignment will be presented in class and on Moodle.

### **Attendance and Participation (25pts)**

As noted above, demonstrations and active discussions will be an important part of this course. This will require that we all activity participate in the learning process. For this course, I have determined **Attendance is mandatory**. Students are expected to attend and actively **participate** in all class meetings. You should NOT expect to receive all attendance and participation points by simply attending class on each scheduled day. Instead, you will earn these points by fully engaging in class discussions and activities. It is expected that you will participate in a professional manner and that your interactions with others in the classroom will be respectful in nature.

Please do not ask me for information should you miss class. It is your responsibility to attend class and not be late. There will be random attendance participation points throughout the semester. Attendance/participation points will also be earned with a particular task or activity that you must be present in class for and be involved with. **There are no makeup points for missed classes.**

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## GRADING POLICY

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Your grades will be posted on Moodle. To protect student confidentiality, students' performance will not be reported or discussed over the phone, e-mail, or instant message. Students must contact me during office hours if they wish to review grades. All grading problems and/or appeals must be brought to my attention *within 2 weeks of receiving the grade*. After that time, no grades will be changed.

**No grade pleading will be entertained. Your grade is exclusively your responsibility.** Work hard right from the beginning, stay engaged, and pay attention to deadlines.

Course Evaluation		Grading Scale	
Exams	300	<b>Grade</b>	<b>Pts</b>
Video Reports	50	A	383 to 425
Group Presentation	50	B+	370 to 382
Attendance and Participation	25	B	340 to 369
<b>Total Points</b>	<b>425</b>	C+	327 to 339
		C	298 to 326
		D+	285 to 297
		D	250 to 284
		F	≤ 249

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## ATTENDANCE POLICY

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Attendance will be taken at each class meeting and will be reported to the University. You are expected to attend classes/labs on time and to actively participate in class discussions. If you miss class, you are responsible for the information covered in class and/or any announcements made (e.g., changes in the schedule of topics, exams, due dates). You should arrange to obtain missed class notes from another student. Students are obligated to attend class regularly. Absences, excused or not, do not absolve a student from the responsibility of completing all assigned work promptly. The complete policy is available on the University Policies website <https://www.coastal.edu/policies/>

If you experience a crisis situation (serious illness, death of close relative, etc.) and need to miss class for a while, please contact me via email or complete a Student Emergency Notification Form. <https://www.coastal.edu/deanofstudents/studentemergencynotification/>

### Late/Make-up Policy

- Life is complicated and sometimes emergencies arise. Proper documentation (e.g., a physician's note) must be provided for any arrangements to be made for any make-up course material (**no exceptions**)! All requests will be considered on a case-by-case basis. Requests made more than 24 hours after the missed/late assignment will not be considered.  
\*\*Court appearances, family vacations, job attendance, technical difficulties on your computer or Moodle, and mild illness do NOT count as emergencies and will not result in a make-up.\*\*
- Make-up exams will be scheduled at the convenience of the professor. Make-up exams will generally consist of short-answer and/or essay questions.
- Should a late assignment be accepted, it will be **penalized 10% of its grade per day late**. Please contact me *as soon as possible* if something happens.

### Class Cancellation Policy

In the event of class cancellation (for reasons such as hazardous weather, instructor illness, etc), I will send out an email to students with updates to the course schedule and/or other important course information.

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## COMMUNITY STANDARDS

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Coastal Carolina University is an academic community that expects the highest standards of honesty, integrity and personal responsibility. Members of this community are accountable for their actions and are committed to creating an atmosphere of mutual respect and trust.

Please refer to the Academic Integrity Code for further information:

<http://www.coastal.edu/academicintegrity/code/>

### Classroom Policies

Please **silence** all cell phones during class. Laptops are permitted for the purpose of taking class notes only. Texting, emailing, web-surfing will be considered disrespectful and disruptive behaviors.

Plagiarism, cheating, and all other forms of academic dishonesty will not be tolerated in this class.

Plagiarism – Use of someone else’s words or ideas without proper citation is plagiarism. Plagiarism includes both direct quotes and paraphrasing of ideas without acknowledging the source. If you intentionally or unintentionally represent the words or ideas of another as your own in any academic exercise you will receive an **F** in this course. Cheating – If you cheat on an exam (i.e., use or attempt to use books or notes, converse with others, or look at another student’s exam) you will receive an **F** in this course.

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## STUDENTS WITH DISABILITIES

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Coastal Carolina University is committed to equitable access and inclusion of individuals with disabilities in accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act. Individuals seeking reasonable accommodations should contact Accessibility and Disability Services (843-349-2503 or <https://www.coastal.edu/disabilityservices/>).

*Students with a documented disability and/or special need(s) should meet with me to discuss any needed classroom accommodations.*

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## TENTATIVE COURSE SCHEDULE

Wk	Dates	Course Topics	Readings/Assignments
1	8/21 8/23	Course Introductions Contemporary Approaches to Counseling and Psychotherapy	Syllabus Chapter 1
2	8/28 8/30	Freud & Jung – Genesis of Psychotherapy	Chapter 2 & 5
3	9/4 9/6	Psychoanalytic Therapies – Jung	Chapter 2
4	9/11 9/13	Psychoanalytic Therapies – Adler	Chapter 4 Video 1: 9/13
5	9/18 9/20	<b>EXAM 1 (9/20)</b>	
6	9/25 9/27	Action Focused Theories: Behavior Modification	Chapter 6
7	10/2 10/4	Action Focused Theories: Reality Therapy Motivational Interviewing	Video 2: Adlerian: 10/2 Chapter 7
8	10/9 10/11	Action Focused Theories: DBT Thought Focused Theories: REBT	Chapter 8 Video 3: MI 10/11
9	10/16 10/18	Thought Focused Theories: CBT <b>EXAM 2 (10/25)</b>	Chapter 10
10	10/23 10/25	Emotion Focused Theories: Person Centered Therapy	Chapter 11 Video 4: CBT 10/25
11	11/6	<b>No Classes-Election Day</b>	
	11/8	Emotion Focused Theories: Existential Therapy	Chapter 12
12	11/13 11/15	Family Systems Therapy Historical & Contemporary Gestalt	Chapter 15 Video 5: Person-centered 11/13
13	11/20 11/22	<b>No Classes-Thanksgiving Break</b>	
14	11/27 11/29	Evidence Based Practice & The Transtheoretical Model of Change	Chapter 3
15	12/4 12/6	Integrative Theories <b>No Class-Study Day</b>	Chapter 16
	12/11	<b>EXAM 3 Tuesday, Dec 11th 11:00AM</b>	

### Changes in Course Requirements

- Dr. Ryba reserves the right to revise the syllabus and/or *make changes to the course assignments if the need should arise.*
- Notices of these revisions will be announced in class or posted on Moodle. Students are responsible for keeping up with any syllabus changes.

## Group Presentations

**Class Presentation (50 points):** Groups of 3 to 5 class members will make formal presentations on selected psychotherapy theories. Your presentation is expected to be about 30 minutes in length. During your presentations, I would like you to use the following outline:

- 1. Basic View of Human Nature:** What are some key assumptions your theory makes about human nature.
- 2. Key Terms/Concepts:** List and Define some of the key terms and concepts proposed by your theory.
- 3. Structure of Personality:** To what degree does your theory suggest that conscious vs-unconscious factors that affect personality. Does it propose stages of personality development?
- 4. Causes of Psychopathology/Healthy Personality:** How does your theory suggest that psychopathology is caused? What separates a “healthy” personality from an “unhealthy” personality?
- 5. Therapeutic Techniques:** Be prepared to demonstrate (e.g., role-play) or show a video- tape demonstrating some of the techniques.
- 6. Major Contributions:** Spend some time Comparing and Contrasting your theory with the three major theories we discussed in class (Psychodynamic/OR, Humanistic, Cognitive-Behavioral).
- 7. What is the Empirical Support for your theory/model/approach?** Discuss the evidence for your approach’s efficacy. How would you know if you were being effective using this approach?
- 8. Multicultural/Ethical Considerations:** Discuss how applicable your theory is to diverse groups and how it may need to be modified when working with diverse groups. What are some ethical considerations/concerns when using this theoretical approach? Are there any groups/problems that this approach may not be appropriate to use?
- 9. Treatment of Client:** Spend some time discussing how your theory would conceptualize the patient’s difficulties and go about treatment.

**You will need to provide a hand-out for each class member outlining the above areas.**

### Theories to be discussed may include:

Coherence Therapy	Chapter 13
Dialectic Behavior Therapy	Chapter 8
Gestalt Therapy	Chapter 16
Narrative Therapy	Chapter 14
Reality Therapy	Chapter 7
Rational Emotive Behavior Therapy (REBT)	Chapter 9
Interpersonal Psychotherapy (IPT: Weissman, Markowitz, and Klerman)	
Schema Therapy	
Family Therapy Feminist	
Therapy Filial Play Therapy	