### INTRODUCTION TO PSYCHOTHERAPIES 380 F 001

**Meera Rastogi, PhD**

- **Class Meetings:** M & W 10-11:50
- **Room:** PRD 308
- **Office:** 110C DeRicci Hall
- **Office Hours:** Tues or by appointment
- **E-mail:** mrastogi@edgewood.edu
- **Phone:** 663-3376
- **Course website:** [http://psych.edgewood.edu/psy380mr/](http://psych.edgewood.edu/psy380mr/)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
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<tbody>
<tr>
<td>Jan 22</td>
<td>Introduction, Syllabus</td>
<td>Ch. 1</td>
</tr>
<tr>
<td></td>
<td>Personal Philosophy</td>
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<tr>
<td>Jan 24</td>
<td>Counseling Research: Does Counseling Work?</td>
<td>Consumer Reports online</td>
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<td></td>
<td>History of Therapy/ Scientist/Prac Debate</td>
<td>Ch. 1</td>
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<td>Careers</td>
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<tr>
<td>Jan 29</td>
<td>Ethical Issues in Counseling</td>
<td>APA Guidelines on line</td>
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<tr>
<td>Jan 31</td>
<td>Ethical Issues in Counseling</td>
<td>APA Guidelines on line</td>
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<td>Ethical Dilemmas/ Debates</td>
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<tr>
<td>Feb 5</td>
<td>Basic Counseling Skills: Microskills</td>
<td>Reading (Ivey et al., Ch3)</td>
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<td>Psychotherapy Forms &amp; Client Summaries</td>
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<td>Role Plays</td>
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<tr>
<td>Feb 7</td>
<td>Psychodynamic</td>
<td>Ch 5</td>
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<tr>
<td>Feb 12</td>
<td>Imago Therapy/ Object Relations therapy</td>
<td>Ch 6</td>
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<td>Adler and Jung</td>
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<td>Shrink Rap Radio: Jungian Archetypes</td>
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<tr>
<td>Feb 14</td>
<td>Video/ Audio Role Plays and Critiques</td>
<td>Ch 7</td>
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<td></td>
<td>Cognitive Behavioral Therapy</td>
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<td>Feb 19</td>
<td>Behavioral therapy</td>
<td>On-line Reading</td>
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<td></td>
<td>Peer Critique</td>
<td>2 page rough draft</td>
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<tr>
<td>Feb 21</td>
<td>Video/ Audio Role Plays and Critiques</td>
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<td></td>
<td>Audio Conference: Supporting Students with ADHD</td>
<td>(11-12:30 Location: Anderson Auditorium)</td>
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<td>Date</td>
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<td>Notes</td>
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<tr>
<td>Feb 26</td>
<td>Dialectical Behavior Therapy</td>
<td>On-line Reading</td>
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<td></td>
<td>Exam Review</td>
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<tr>
<td>Feb 28</td>
<td><strong>Exam I: First and Second Forces</strong></td>
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<tr>
<td>Mar 7</td>
<td>No class due to Social Justice Conference</td>
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<tr>
<td>Mar 9/10</td>
<td>Social Justice Conference speaker: Dr. Christine Yeh</td>
<td>Pyle Center (time: 6/7pm)</td>
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<td>Mar 12</td>
<td>Existential Humanistic</td>
<td>Ch 9</td>
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<td>Paper I Due</td>
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<td>Mar 14</td>
<td>Logotherapy and Gestalt</td>
<td>Ch 10</td>
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<td></td>
<td>Existential, Logo and Gestalt Audio/video role plays</td>
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<tr>
<td>Mar 19</td>
<td>Multicultural Feminist Social Justice</td>
<td>Ch 2, 11, and 12</td>
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<td>Mar 21</td>
<td>Positive Psychology and Wellness</td>
<td>Ch 3</td>
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<td>Shrink Rap Radio: Clinical Appl. Of Positive Psych # 65</td>
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<td>Mar 26</td>
<td>Case Applications of Multicultural, Feminist, SJ, and Pos Psych</td>
<td>Review for Exam</td>
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<td>Mar 28</td>
<td><strong>Exam II: The Third Force and the Foundations</strong></td>
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<td>Apr 2-9</td>
<td>NO CLASS—Spring Break! Yippee!</td>
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<td>Apr 11</td>
<td><strong>Individual Meetings: Bring Paper 2 Rough Draft with you</strong></td>
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<td>Apr 16</td>
<td>Career theory</td>
<td>Whiston: Online Reading</td>
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<td>Career theory applications</td>
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<td>Apr 18</td>
<td>Developmental Counseling</td>
<td>Ch 13</td>
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<td>Career and Developmental Role Plays</td>
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<td>Apr 23</td>
<td>Morita Therapy</td>
<td>On-line Reading</td>
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<td>Asian Therapies</td>
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<td>Apr 25</td>
<td>Family Therapy</td>
<td>Ch 14 &amp; On-line Reading</td>
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<td>Final Paper Due</td>
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<tr>
<td>Apr 30</td>
<td>Developmental, Morita Therapy, and Family Therapy audio/video role plays</td>
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<td>May 2</td>
<td>School Counseling or topic of student choice</td>
<td>On-line Reading</td>
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<td>May 7</td>
<td>Movie: Metallica: Some kind of monster</td>
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<td>May 9</td>
<td>Discussion and analysis of film</td>
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Empirically supported treatments
Course Review and Wrap up

May 14 10 am Exam III: Wrap up

The above schedule, policies, and assignments are subject to change in the event of extenuating circumstances or by mutual agreement between the instructor and the students.

Psychology 380 Course Description:
An introduction to the major therapy methods in use today. A brief examination of the nature of mental health and dysfunctions from the organic, interpersonal and intra-psychic perspectives and a study of the theories and treatment methods of contemporary psychotherapies. (Prerequisite: PSY 101F4)

This class meets requirements for the applications section of the general psychology major and is required for the clinical counseling concentration.

Course overview and objectives (adapted from APA's Learning Goals for the Psychology Major):
After the completion of this course students will be able to:
• Show familiarity with the major foundations of therapies.
• Articulate approaches to address a psychological problem or issue.
• Employ basic counseling skills with sensitivity to cultural, sexual, class, age, and other differences.
• Utilize critical thinking and skeptical inquiry when examining psychotherapeutic approaches.
• Have insight into one's own and others' behaviors, motivations, and thought processes.
• Articulate the differences in careers in psychotherapy.

CLASS MEETINGS:
• The class will meet on a regular schedule. Please try to be on time. If late, come in without disturbing the rest of the students. If absent, obtain notes from a classmate.
• You are responsible for everything that is covered in every class so please come prepared.
• Be considerate of classmates and instructor. Ask questions when necessary, but do not talk and disrupt class. If necessary, I might need to ask a student to leave the room if disruptive.

TEXTS:
• Self help book and film of your choice.
• Other readings will be available on-line.

You are responsible for reading all assignments. Ask early if you need help, as there are options.
How do I obtain on line readings?
Go to http://library.edgewood.edu
Click on Course Reserves (on the right side)
Click on Electronic Reserves (under the heading of For Students)
Click on Electronic Reserves & Reserves Pages
Enter the course number "380"
Click on the class
You may need to enter in the password "PSY380"
Please let me know if you have any difficulty.

STUDY SUGGESTIONS:

(1) Peers:
Your peers can be your greatest help. You may want to meet weekly to review notes and topics covered in-class or you can join a study group and meet before exam dates. A course list of students and phone numbers will be distributed during the first 2 weeks of class.

(2) Office Hours:
Please make an appointment if you have questions, or just want to chat. I love to work with students and would be delighted to see you during office hours. You may contact me at the following locations:
   Work: 110C De Ricci  663-3376  Office Hours: Tuesday by appointment.
   E-mail: mrastogi@edgewood.edu

(3) Students with Disabilities:
If you have a documented disability which requires accommodations in this course, please contact the Learning Support Services (LSS), located in the Student Resource Center in DeRicci 206, 663-2281. The LSS will work with you to provide appropriate accommodations, and all information will be kept confidential.

(5) Learning Support Services:
Learning Support Services, located in DeRicci 206 (The Student Resource Center), provides academic support for students. Peer tutoring is available in some introductory-level undergraduate courses. Individual assistance in time management, study skills, and test-taking skills is also available. Please contact Learning Support Services at 663-2281 for more information.

(6) Counseling Services:
Counseling services are free to Edgewood College students. Contact Janet Billerbeck, M.A. at 663-2287.

(7) Writing help:
If you need help writing papers please contact Angela Woodward, our writing specialist at 663-3293.

ACADEMIC MISCONDUCT:
- Plagiarism will be handled according to the College’s policies which consider all of the following forms of plagiarism:
  - cutting and pasting information from the internet
  - buying papers
  - using old papers
If students are caught cheating this may result in automatic failure in the course.
- Please consult the APA Manual (5th Edition) for correct forms of citations.
Late Papers

- Late papers are an inconvenience for me, and are unfair to your classmates; therefore LATE PAPERS WILL NOT BE ACCEPTED.

Introduction to Psychotherapies  Description of Exams & Assignments

Course web site (http://psych.edgewood.edu/psy380mr/)

Microskills Interview Application  Due: Feb 26  60 points

Interview someone in a professional field of interest OR a “client.”

Goal: Apply attending behavior and basic listening skills, preparation for an interview, and basic understanding and building rapport skills. The goal for this assignment is to put aside your own goals and opinions, and focus on understanding and attending to the views of the other person as clearly as you possibly can. To accomplish this goal, you may find that you have to resist impulses to respond to what he or she is saying in other ways (e.g., debate, correcting factual errors, helping problem-solve, etc.). Notice what other motivations get in the way of simply listening and reflecting.

Setting: Find an acquaintance or professional who is willing to let you audiotape or videotape an interaction on a topic of your choosing. Choose a quiet location for the interview.

Please see web site for ideas for possible interview.

Exams  Feb 28 (60 points), Mar 28 (60 points), May 14 (40 points)

Exams in Psychology 380F will consist of the following items:

- Short answers, matching, identification, multiple choice, and/or fill in the blank
- The exams may include a take home portion (current event summary or case analysis).

MAKE UP EXAMS WILL NOT BE GIVEN WITHOUT A DOCUMENTED EXCUSE FROM A MEDICAL PROFESSIONAL OR APPROPRIATE PERSON.

Please see web site for study guides

Psychotherapies Progressive Paper (PP) Assignment

Definition:
The progressive paper includes in-class lectures, training in peer editing, exercises to build on previous versions of the paper, and time for revisions of earlier drafts. The progressive paper emulates writing in the real world where “There is no good writing, only good rewriting” (Hull, 1985; as cited by McGovern & Hogshead, 1990, p. 7).

The progressive paper consists for 5 parts; each piece is graded separately. You will receive mini trainings, lecture, and descriptions for each part of the paper. The goal of your final paper is to increase your formal writing skills by writing a polished, articulate, and well developed research paper on a topic of your choice.
Parts:
1) Peer editing on the rough draft
2) Part 1 of the paper  Due Mar 12  80 points
3) Research addition rough draft to be evaluated in one on one meeting
4) Peer editing of final draft
5) Final Draft due  Due Apr 25  100 points

Please see web site for sample papers

Attendance and Participation:
Attendance exercises will take place on a daily basis and will count towards your attendance. Three unexcused absences are allowed, after the 3, half of a letter grade of your final grade will be deducted for each additional absence. If you miss more than 6 classes during this course, you will receive a failing grade for the course.

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<tr>
<th>GRADING</th>
<th>% of total grade</th>
<th>ASSIGNMENTS</th>
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<tbody>
<tr>
<td>A</td>
<td>92-100</td>
<td>15% Quiz 1= _____/60</td>
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<tr>
<td>AB</td>
<td>88-91</td>
<td>15% Quiz 2= _____/60</td>
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<tr>
<td>B</td>
<td>80-87</td>
<td>10% Quiz 3= _____/40</td>
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<tr>
<td>BC</td>
<td>76-79</td>
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<tr>
<td>C</td>
<td>68-75</td>
<td>15% Microskills Interview = _____/60</td>
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<td>CD</td>
<td>64-67</td>
<td>20% Book Analysis = _____/80</td>
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<td>D</td>
<td>56-63</td>
<td>25% RESEARCH PAPER= _____/100</td>
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<tr>
<td>F</td>
<td>55 or below</td>
<td>100% Total= _____/400</td>
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Introduction to Psychotherapies Progressive Paper (PP)

Assignment

SPRING 07

Definition:
The progressive paper includes in-class lectures, training in peer editing, exercises to build on previous versions of the paper, and time for revisions of earlier drafts. The progressive paper emulates writing in the real world where "There is no good writing, only good rewriting" (Hull, 1985; as cited by McGovern & Hogshead, 1990, p. 7).

The progressive paper consists for 5 parts; each piece is graded separately. You will receive mini trainings, lecture, and descriptions for each part of the paper. The goal of your final paper is to increase your formal writing skills by writing a polished, articulate, and well developed research paper on a topic of your choice.

Parts:
1) Peer editing on the rough draft
2) Part 1 of the paper
3) Research addition rough draft to be evaluated in one on one meeting
4) Peer editing of final draft
5) Final Draft due

Progressive Paper Part 1: Book Analysis

Students will choose a book that focuses on a personal problem that you, or a close friend, are currently experiencing. The book MUST be approved by the instructor.

If you feel uncomfortable disclosing an issue you are currently facing, please speak to the instructor; you may chose a topic of interest instead.
Goal: The assignment is to analyze the theoretical orientation of the author using class material.

Contents: The analysis must include a brief summary of the book, background of the clinical issue, articulation of author's orientation/theoretical underpinnings, examples from lecture and the book to support your thesis, and your own opinion about the book.

Maximum length: 4 pages

For this assignment, please turn in the following:

a. Rough draft and Peer critique
b. Book of choice
c. Final copy of book

Sample Book Analysis Outline

I. Introduction
   Interesting introduction
   Thesis

II. Brief summary of the book

III. Background of the clinical issue
   Definitions
   Statistics
   Issues

IV. Articulation of author's orientation/theoretical underpinnings
   Examples from book with support from lecture and the text
   Focus on a few examples to support your thesis

V. Your own opinion about the book/ theory
   Strengths
   Weaknesses

VI. Conclusion

PP Part 2:

Clinical Issue Research Review and Comparison:

This paper will EXPAND on PP 1 by critically examining the psychological research on treatments of the same personal problem you chose for your book analysis. You will add more information and integrate and synthesize the research findings throughout your book analysis paper.

You MUST use articles from well-established journals, professional books and articles of psychology. You will need to cite your sources to support your points of view (suggested number of sources: 6). Finally, you will compare and contrast treatment based research with that of the approach of your book. Please include 1-2 pages of your own conclusions and analysis.

Maximum length: 8-10 pages.
For this assignment, please turn in the following:
A. Rough Draft with meeting feedback
B. Book analysis from above assignment
C. Name on back of assignment
D. All articles and books used.

Please see web site for sample papers.

Sample Outline for Part 2:

Introduction
Thesis statement

Background Information about
Problem (Can combine with
Intro)

Approaches
Approach of self help book
Integrate terms and concepts from class and text
Now integrate, add, synthesize research finding to themes found in your book

Cite from articles!
6 Journal Articles
Optional: Add examples of treatments and results of studies

Limitations of research findings
Integrate terms and concepts from class and text

Personal synthesis: what do you see are the main issues in this area, what is answered, not answered

Conclusion- summary of major Points