

CENTRAL MICHIGAN UNIVERSITY  
COLLEGE OF HUMANITIES AND SOCIAL & BEHAVIORAL SCIENCES

**COURSE SYLLABUS**

<u>PSY</u>	<u>562</u>	<u>THERAPEUTIC INTERVENTION: FOUNDATIONS</u>	<u>3(3-0)</u>
Desig.	No.	Title	Cr./Mode

**I. Bulletin description**

Foundational skills for therapeutic intervention including theory and technique.

**II. Prerequisites:**

PSY 350 or graduate standing or permission of instructor.

**III. Rationale for Course Level**

This is a graduate course, but it is appropriate for advanced undergraduates who have appropriate background, as demonstrated by the prerequisite.

**IV. Textbooks and other required materials to be furnished by the student (if applicable):**

Corsini, R. J., & Wedding, D. (2000). Current Psychotherapies (6th Ed.). Itasca, IL: F. E. Peacock

**V. Special requirements of the course (if applicable):**

**VI. General methodology used in teaching this course:**

Lectures, discussion, practice in-class counseling sessions

**VII. Course Objectives:**

After completing this course, the student will be able to:

1. Demonstrate the use of therapeutic communication skills.
2. Demonstrate the use of generic counseling skills.
3. Apply different theoretical approaches to therapeutic intervention.
4. Recognize the theoretical base for particular intervention techniques.
5. Discuss the scientific base and typical research for particular intervention techniques.
6. Discuss limitations to the generalizability of intervention techniques to members of different ethnic and minority groups.

**VIII. Course outline:**

Week 1      introduction

Week 2	self-awareness as a therapeutic tool types of self-awareness
Week 3	self-disclosure: patterns, client, therapist communication skills: listening
Week 4	Psychoanalysis communication skills: responding
Week 5	Individual (Holistic) Psychotherapy (Adler) birth order; life style analysis
Week 6	Analytic Psychotherapy (Jung) use of interpretation in therapy
Week 7	Person-Centered Therapy (Rogers) use of empathy in therapy film: Three Approaches to Psychotherapy Part 1
Week 8	Rational Emotive Therapy (Ellis) use of confrontation in therapy film: Three Approaches to Psychotherapy Part 3
Week 9	Mid-Term exam
Week 10	Behavior Therapy evaluation of therapeutic interventions
Week 11	Cognitive Therapy (Beck) use of cognitive restructuring Reality Therapy
Week 12	Gestalt Therapy (Perls) abuse experiential techniques film: Three Approaches to Psychotherapy Part 2
Week 13	Existential Psychotherapy Logotherapy
Week 14	Transactional Analysis use of egogram
Week 15	Multimodal Therapy eclectic approaches
Week 16	Final exam

**IX. Evaluation:**

Undergraduates:

In-class mid-term and final = 70%

Reaction journal = 20%

Annotated bibliography of professional research articles = 10%

Graduate Students:

In-class mid-term and final = 35%

Take home mid-term and final applying theories to case study = 35%

Reaction journal = 20%

Annotated bibliography of professional research articles = 10%

## X. References:

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Ellis, A. (1993). How to stubbornly refuse to make yourself miserable about anything yes anything. Secaucus, NJ: Carol Publishing Group.

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Hartshorne, T. S. (1991). The evolution of psychotherapy: Where are the Adlerians? Individual Psychology, 47, 321-325.

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Ivey, A. E., Ivey, M. B., & Simek-Morgan, L. (1993). Counseling and psychotherapy: A multicultural perspective. Boston: Allyn and Bacon.

Jensen, J. P., Bergin, A. E., & Greaves, D. W. (1990). The meaning of eclecticism: New survey and analysis of components. Professional Psychology: Research and Practice, 21, 124-130.

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May, K. M. (2001). Theory: Does it matter?. The Family Journal: Counseling and Therapy for Couples and Families, 9, 37-38.

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Perls, L. (1992). Concepts and misconceptions of Gestalt Therapy. Journal of Humanistic Psychology, 32, 50-56.

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Robbins, S. B. (1989). Role of contemporary psychoanalysis in counseling psychology. Journal of Counseling Psychology, 36, 267-278.

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Yalom, I. D. (1980). Existential psychotherapy. New York: Basic Books.

**Syllabus prepared by:** Timothy S. Hartshorne  
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