CNL-500 | Theories and Models of Counseling Syllabus

COURSE DESCRIPTION

This course provides a comprehensive survey of the major counseling theories and principles. Coursework includes the following theories: psychoanalytic, Adlerian, existential psychotherapy, behavioral, cognitive behavioral, person-centered, reality therapy/choice theory, and rational emotive behavioral therapy (REBT).

CREDITS

3

PREREQUISITES

None

CO-REQUISITES

None

REQUIRED COURSE MATERIALS

Textbooks

Electronic Resources

Academic Writing Guidelines

Additional Course Information and Requirements

The information below is applicable to all students enrolled in any counseling program at Grand Canyon University.

Required Program Material: DSM

Diagnostic and Statistical Manual of Mental Disorders (DSM)

Students of GCU's Counseling programs are required to possess a copy of the current version of the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders* (*DSM*). The manual will be used throughout your program. The *DSM*

will be used from course to course, so students who already own the current edition of the manual need not purchase another. Once purchased, students should keep the manual for all subsequent classes while attending GCU and for reference after graduation.

Syllabus and Textbook Access

Many states require syllabi for licensure. If you are required to provide syllabi, contact your Student Service Counselor (SSC) to request official copies. Textbooks delivered via BibliU are accessible through the BibliU library upon first access to the digital classroom. It is recommended you download the BibliU app to access your textbooks. If a textbook is not delivered through BibliU, make sure to save the e-book to your computer as a PDF file. If you have trouble saving the e-book, contact GCU Technical Support.

Recommended Program Materials:

Publication Manual of the American Psychological Association

GCU has made APA templates and other resources available within the Student Success Center. However, be aware that a more complete APA manual can be purchased at your own expense. To order the APA manual, please visit the American Psychological Association.

International Classification of Disease

Students are encouraged (not required) to familiarize themselves with the current version of the *International Classification of Disease* (*ICD*) reference.

https://www.apa.org/ (https://www.apa.org/)
American School Counselor Association Ethical Standards for School Counselors

https://www.schoolcounselor.org/getmedia/44f30280-ffe8-4b41-9ad8-f15909c3d164/EthicalStandards.pdf (https://www.schoolcounselor.org/getmedia/44f30280-ffe8-4b41-9ad8-f15909c3d164/EthicalStandards.pdf)

APA Formatting Tutorial

Review the APA Formatting Tutorial for formatting assistance.

https://www.gcumedia.com/lms-resources/student-success-center/?mediaElement=1FF26538-38D0-EA11-910D-005056BDE9D6 (https://www.gcumedia.com/lms-resources/student-success-center/?mediaElement=1FF26538-38D0-EA11-910D-005056BDE9D6)

ASCA School Counselor Professional Standards and Competencies

https://www.schoolcounselor.org/getmedia/a8d59c2c-51de-4ec3-a565-a3235f3b93c3/SC-Competencies.pdf (https://www.schoolcounselor.org/getmedia/a8d59c2c-51de-4ec3-a565-a3235f3b93c3/SC-Competencies.pdf)

CACREP Standards Mapping of Learning Outcomes

The course objectives are informed by the identified 2016 CACREP standards. Where applicable, objectives clearly identify the standards addressed. Review the "CNL-500 CACREP Standards Mapping" document to see which specific CACREP standards are mapped to the course.

CMHC and SC Counselor in Training Handbook

The "CMHC and SC Counselor in Training Handbook" is located on the Student Success Center website.

https://ssc.gcu.edu/#/page/chss/1576 (https://ssc.gcu.edu/#/page/chss/1576)

CNL-500 Case Study Analysis

Use this resource to complete your theory application assignments throughout the course.

Counseling e-Portfolio Requirements

At the end of the School Counseling or Clinical Mental Health Counseling program, you will be required to submit an e-Portfolio. The e-Portfolio showcases your development with concrete evidence of your counselor identity development based on various experiential learning opportunities. Please see the e-Portfolio guidelines and examples for the respective programs for additional information.

https://cce.gcu.edu (https://cce.gcu.edu)

Disability Accommodation Policy and Procedures Statement

Grand Canyon University (GCU) seeks to serve all students equally. This plan is established to provide all students with equal access to GCU’s programs, systems, and facilities. To receive accommodations through the University, students are required to complete the Accommodation Request Form and provide supporting documentation to Student Disability Services.

Note: GCU cannot provide accommodations that are not requested. Review the Student Disability Services section of the University Policy Handbook, located on the GCU website for specific information regarding the policy and procedures.

GCU Counselor Dispositions

Students in the Clinical Mental Health Counseling program should refer to the GCU "Counselor Dispositions" document, located in the Student Success Center.

https://ssc.gcu.edu/#/page/chss/1576 (https://ssc.gcu.edu/#/page/chss/1576)

GCU General Research Lib Guide

Read "Defining Scholarly Resources." You are required to support information provided in your assignments using scholarly resources.

https://libguides.gcu.edu/EvaluatingSources (https://libguides.gcu.edu/EvaluatingSources)

GCU SC Professional Disposition of Learners

This resource is specifically for school counselors in training. Students in the School Counseling program should refer to the GCU "SC Professional Disposition of Learners" document, located in the Student Success Center.

https://ssc.gcu.edu/#/page/chss/1576 (https://ssc.gcu.edu/#/page/chss/1576)

Headings

Review "Headings," located in the Formatting Rules for Student Papers in the GCU library. Use this resource to assist in completing the theory application assignments throughout the course.

https://libguides.gcu.edu/APA/Formatting (https://libguides.gcu.edu/APA/Formatting)

LopesWrite

Refer to the LopesWrite webpage for guidance regarding assignments requiring submission to LopesWrite.

https://support.gcu.edu/hc/en-us/articles/201277380-LopesWrite (https://support.gcu.edu/hc/en-us/articles/201277380-LopesWrite)

Methods of Instruction

The methods of instruction for this course may include but are not limited to lectures, small and large group discussion, guest speakers, individual assignments, group assignments, discussion questions, readings, videos, and online instruction.

Recommended Textbook

The following textbook is recommended for this course:

Halbur, D., & Halbur, K. (2015). *Developing your theoretical orientation in counseling and psychotherapy* (3rd ed.). Pearson Education ISBN-13: 9780133488937

Related Counseling Dispositions

For any courses that are shared between the Clinical Mental Health Counseling (CMHC) and School Counseling (SC) programs, please refer to the attached graphic for related dispositions between the two programs. If needed, please refer to the dispositions for each program for a full description. The graphic shows how the dispositions are related for both programs.

Resources

Occasionally, the syllabus will include resources that are not considered "scholarly." These resources were included because they had been confirmed to be accurate and provided a clear explanation of the content discussed. Please remember that your assignments must be supported with scholarly resources. You can cite and reference the nonscholarly resources from the syllabus in your assignments and discussion questions; however, you must still include the minimum number of scholarly references in your assignments.

Role Clarification for School Counselors in Training

Throughout the program of study, school counselors in training will consider their counselor identity in the context of a school setting. School and clinical mental health counseling courses are integrated in order to best prepare graduates to serve children, adolescents, adults, and families who present multifaceted needs in both school and community settings. Since school counselors work in the education profession but are also well-versed in clinical mental health issues, the school counseling program will abide by the American School Counselor Association (ASCA) Code of Ethics and the Professional Dispositions of Learners.

Student Performance Evaluation Criteria and Procedures

For specific information on the grading policies and procedures, please see the University Policy Handbook, located on the University and Academic Policies (https://www.gcu.edu/academics/academic-policies.php) section of GCU.edu under Helpful Academic Links on the right side of the page.

Textbook Handouts

The National Certified School Counselor

For school counselors in training, explore the "The National Certified School Counselor," section of the National Board for Certified Counselors (NBCC) website site in preparation for exams.

https://www.nbcc.org/certification/ncsc (https://www.nbcc.org/certification/ncsc)

Theories of Counseling and Psychotherapy: A Case Approach

Murdock, N. L. (2017). *Theories of counseling and psychotherapy: A case approach* (4th ed.). Pearson Education. ISBN-13: 9780134240220. **Please note that this textbook does not come with access to MyCounseling Lab.**

INSTRUCTOR ONLY MATERIALS

CNL-500 Course Revision History

CNL-500 Discussion Questions

CNL-500 Topic 4 Quiz Answer Key

CNL-500 Topic 8 Quiz Answer Key

TOPICS, OBJECTIVES, AND COURSE CONTENT

Topic 1: Overview of Counseling Theories

Objectives:

1.1: Explain the importance of counseling theories to professional counseling. [CACREP 2.F.5.a]

1.2: Describe the factors that should be considered when choosing a therapeutic approach with a specific client. [CACREP 2.F.5.a]

1.3: Examine the essential characteristics of an effective counselor.

1.4: Describe the key concepts of psychoanalytic theory and analyze its impact on contemporary thought.

Topic Materials

Textbooks

Electronic Resources

Constructing Personal Guiding Theory Using Visual Representation: An Innovative Pedagogical Strategy

Read “Constructing Personal Guiding Theory Using Visual Representation: An Innovative Pedagogical Strategy,” by Barth, from *Journal of Creativity in Mental Health* (2021).

https://doi-org.lopes.idm.oclc.org/10.1080/15401383.2020.1739583 (https://doi-org.lopes.idm.oclc.org/10.1080/15401383.2020.1739583)

Counseling Success Factors

Explore "Counseling Success Factors," on the Changing Minds website.

http://changingminds.org/disciplines/counseling/success_factors.htm (http://changingminds.org/disciplines/counseling/success_factors.htm)

Developing Your Theoretical Orientation in Counseling and Psychotherapy

The following resource was mentioned in the Webinar. Consider purchasing and reading *Developing Your Theoretical Orientation in Counseling and Psychotherapy* by Halbur & Halbur (2019).

https://www.amazon.com/Developing-Theoretical-Orientation-Counseling-Psychotherapy/dp/0134805720/ref=sr_1_1?dchild=1&keywords=developing+your+theoretical+orientation+counseling&qid=1619730774&sr=8-1 (https://www.amazon.com/Developing-Theoretical-Orientation-Counseling-Psychotherapy/dp/0134805720/ref=sr_1_1?dchild=1&keywords=developing+your+theoretical+orientation+counseling&qid=1619730774&sr=8-1)

Exploring Counselors' Personal Guiding Theories: A Qualitative Study in Portraiture

Read “Exploring Counselors' Personal Guiding Theories: A Qualitative Study in Portraiture,” by Barth, Rheineck, & Merino, from *Qualitative Report* (2019).

https://lopes.idm.oclc.org/login?url=https://www-proquest-com.lopes.idm.oclc.org/scholarly-journals/exploring-counselors-personal-guiding-theories/docview/2243315298/se-2?accountid=7374 (https://lopes.idm.oclc.org/login?url=https://www-proquest-com.lopes.idm.oclc.org/scholarly-journals/exploring-counselors-personal-guiding-theories/docview/2243315298/se-2?accountid=7374)

Professional Counselor Identity

Please consider watching the following webinar that was created by GCU faculty. The webinar covers counselling theory, the importance of aligning with a counseling theory, and shared faculty experiences regarding how they found their aligning theory.

https://youtu.be/cJYiBcClqwM (https://youtu.be/cJYiBcClqwM)

Stories of the Great Therapists

The following resource was mentioned in the Webinar. Review and take the "Survey," from Old Dominion University.

http://ww2.odu.edu/people/e/eneukrug/therapists/survey.html (http://ww2.odu.edu/people/e/eneukrug/therapists/survey.html)

Theoretical Evaluation Self-Test

The following resource was mentioned in the Webinar. Review and take the "Theoretical Evaluation Self-Test," by Coleman (2008).

http://web.pdx.edu/~dcoleman/test.html#TEST (http://web.pdx.edu/~dcoleman/test.html#TEST)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapters 1 and 2 of *Theories of Counseling and Psychotherapy.*

Assignments:

Freud's Psychoanalytic Theory Application (Obj. 1.1, 1.2, 1.3, and 1.4)

Read the "Case Study Analysis" document and select one of the six case studies.

Write a 1,000-1,500-word analysis of the case study using Freud's psychoanalytic theory approach. Include the following in your analysis:

- What will be the goals of counseling and what intervention strategies are used to accomplish those goals?
- Describe the process of treatment using this theory. This should include a description of the length of treatment, the role of the counselor, and the experience of the client as they work from beginning to termination of therapy.
- How does this theory address the social and cultural needs of the client? (Cite specific research findings)
- Describe valuable insights of coming to understand the client's unconscious world as the counseling process continues.
- How can a counselor implement Freudian processes in counseling without undue risk to the client or the counseling relationship?

Include at least six scholarly references beyond the textbook in your analysis.

Each response to the assignment prompts should be addressed under a separate heading in your paper. Refer to "Headings" in Class Resources for help in formatting the headings.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Discussion Questions:

Topic 1 DQ 2 (Obj. 1.1, 1.3, and 1.4)

Traditional psychoanalysis is based on the interpretation of unconscious conflicts. This approach relied on another completely fallible human being with his or her own unconscious conflict and problems to make accurate interpretations. Comment on how this approach can have legitimacy. Does a contemporary psychoanalytic two-person psychology model offer any improvement in this regard?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Topic 1 DQ 1 (Obj. 1.3)

Most of the psychological theories reviewed in our text were developed by White European or American males. Given the origins of these theories, how can the information provided be useful to you as a developing mental health professional?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 1 Participation : 20.0 points

Topic 2: Classical Psychotherapies

Objectives:

2.1:

Analyze neoanalytic, Jungian, and individual psychology therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]

2.2: Examine counseling populations for which neoanalytic, Jungian, and individual psychology therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]

2.3: Analyze the key concepts reflected in neoanalytic, Jungian, and individual psychology therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

Topic Materials

Textbooks

Electronic Resources

Identify Your Type with Jung Typology Test

Complete the "Identify Your Type With Jung Typology Test" located on the HumanMetrics website.

http://www.humanmetrics.com/cgi-win/JTypes1.htm (http://www.humanmetrics.com/cgi-win/JTypes1.htm)

Race, Religion and a Cat in the Clinical Hour

Read “Race, Religion and a Cat in the Clinical Hour,” by Heyer, from *The Journal of Analytical Psychology* (2016).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a2h&AN=117485180&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a2h&AN=117485180&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapters 3 and 4 of *Theories of Counseling and Psychotherapy.*

Treating Disruptive Mood Dysregulation Disorder: An Integrated Adlerian and Equine Therapy Approach

Read “Treating Disruptive Mood Dysregulation Disorder: An Integrated Adlerian and Equine Therapy Approach,” by Sauer & Gill, from *Journal of Individual Psychology* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=147693552&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=147693552&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Using an Adventure Therapy Activity to Assess the Adlerian Lifestyle

Read "Using an Adventure Therapy Activity to Assess the Adlerian Lifestyle," by McCarty & Christian, from *Journal of Creativity in Mental Health* (2020).

https://doi-org.lopes.idm.oclc.org/10.1080/15401383.2019.1697405 (https://doi-org.lopes.idm.oclc.org/10.1080/15401383.2019.1697405)

What Is Jungian Psychology?

Read "What Is Jungian Psychology?" located on the David C. Hamilton website.

http://www.jungiananalystvt.com/WhatisJungianPsychology.en.html (http://www.jungiananalystvt.com/WhatisJungianPsychology.en.html)

Assignments:

CNL-500 Classical Theory Comparison Worksheet (Obj. 2.1 and 2.2)

Complete the "Classical Theory Comparison Worksheet."

While APA style is not required for the body of this assignment, solid academic writing is expected, and documentation of sources should be presented using APA formatting guidelines, which can be found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Discussion Questions:

Topic 2 DQ 1 (Obj. 2.1 and 2.3)

One of the cornerstones of Adlerian therapy is that insight produces motivation for change. Do you think that is true? Is there any empirical evidence to support the contention that insight produces motivation? Include a peer reviewed article to

support your response.

Topic 2 DQ 2 (Obj. 2.1, 2.2, and 2.3)

What is the primary goal in Jungian analysis? What are the four stages of the individuation journey that characterizes Jungian analysis? What type of client would benefit from this approach to counseling?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 2 Participation : 20.0 points

Topic 3: Alternatives to the Classical Theories

Objectives:

3.1: Analyze person-centered, existential, and Gestalt therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]

3.2: Examine counseling populations for which person-centered, existential, and Gestalt therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]

3.3: Analyze the key concepts reflected in person-centered, existential, and Gestalt therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

Topic Materials

Textbooks

Electronic Resources

Being Able to Take That Mask Off: Adolescent Clients' Experiences of Power in Person-Centered Therapy Relationships

Read "'Being Able to Take That Mask Off': Adolescent Clients' Experiences of Power in Person-Centered Therapy Relationships," by Cook & Monk, from *Person-Centered and Experiential Psychotherapies* (2020).

https://doi-org.lopes.idm.oclc.org/10.1080/14779757.2020.1717982 (https://doi-org.lopes.idm.oclc.org/10.1080/14779757.2020.1717982)

Effectiveness of Client-Centered Therapy

Read “Effectiveness of Client-Centered Therapy,” by Cherry, located on the About.com Psychology website.

http://psychology.about.com/od/typesofpsychotherapy/a/client-centered-therapy.htm (http://psychology.about.com/od/typesofpsychotherapy/a/client-centered-therapy.htm)

Gestalt Therapy applied: A Case Study With an Inpatient Diagnosed With Substance Use and Bipolar Disorders

Read “Gestalt Therapy applied: A Case Study With an Inpatient Diagnosed With Substance Use and Bipolar Disorders,” by Aiach Dominitz, from *Clinical Psychology & Psychotherapy* (2017).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a2h&AN=121062750&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a2h&AN=121062750&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Logotherapy, Existential Analysis, Music Therapy: Theory and Practice of Meaning-Oriented Music Therapy

Read “Logotherapy, Existential Analysis, Music Therapy: Theory and Practice of Meaning-Oriented Music Therapy,” by Pfeifer, from *The Arts in Psychotherapy* (2021).

https://doi-org.lopes.idm.oclc.org/10.1016/j.aip.2020.101730 (https://doi-org.lopes.idm.oclc.org/10.1016/j.aip.2020.101730)

The International Society For Gestalt Theory and Its Applications

Explore The International Society for Gestalt Theory and Its Applications website.

http://gestalttheory.net/gtax1.html (http://gestalttheory.net/gtax1.html)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapters 5-7 of *Theories of Counseling and Psychotherapy.*

Assignments:

Person-Centered Therapy: Concepts and Counselor Qualities (Obj. 3.1 and 3.3)

Write a 1,000-1,500-word analysis of person-centered counseling which fully explores the following categories:

- What makes person-centered counseling an effective approach for clients with a wide range of presenting issues?
- Describe the importance of genuineness being present in the counselor. How can a counselor maintain this quality with clients they may disagree with?
- From a person-centered perspective, describe the role of empathy in assisting clients through a successful therapy process. How would a counselor balance the necessity of holding clients accountable with certain issues while still aiming to present a feeling of empathy during their interactions?
- What is unconditional positive regard, and why is it important to the therapeutic environment? What are some strategies a counselor can use to help show this quality in their work with their clients?
- How have person-centered therapy qualities helped to form key principles of the ACA Code of Ethics? Provide three examples in your discussion.

Include at least six scholarly references beyond the textbook in your analysis.

Each response to the assignment prompts should be addressed under a separate heading in your paper. Refer to "Headings" in Class Resources for help in formatting the headings.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Discussion Questions:

Topic 3 DQ 2 (Obj. 3.1, 3.2, and 3.3)

Could you be genuine, accepting, and empathic with all clients? What type of client or presenting issue would create a challenge for you in terms of being genuine, accepting, and empathic? How would you work with clients with whom you did not feel these three conditions?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Topic 3 DQ 1 (Obj. 3.1)

Do you think it is possible to combine client-centered and existential approaches in therapy? Why or why not? Explain what a combined approach might look like.

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 3 Participation : 20.0 points

Topic 4: Behavioral Therapy and Rational Emotive Behavior Therapy (REBT)

Objectives:

4.1: Analyze behavioral and rational emotive behavior therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]

4.2: Examine counseling populations for which behavioral and rational emotive behavior therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]

4.3: Analyze concepts reflected in behavioral and rational emotive behavior therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

Topic Materials

Textbooks

Electronic Resources

Albert Ellis Institute

Explore the Albert Ellis Institute website. In particular, familiarize yourself with the resources found on this site.

http://www.rebt.org/ (http://www.rebt.org/)

SAMHSA Evidence-Based Practices Resource Center

Review the SAMHSA Evidence-Based Practice Resource Center page of the SAMHSA website.

https://www.samhsa.gov/ebp-resource-center (https://www.samhsa.gov/ebp-resource-center)

The Use of Rational Emotive Behavior Therapy (REBT) to Increase the Self-Determined Motivation and Psychological Well-Being of Triathletes

Read "The Use of Rational Emotive Behavior Therapy (REBT) to Increase the Self-Determined Motivation and Psychological Well-Being of Triathletes," by Davis & Turner, from *Sport Exercise and Performance Psychology* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000584430900001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000584430900001&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapters 8-9 of *Theories of Counseling and Psychotherapy.*

Assignments:

Discussion Questions:

Topic 4 DQ 2 (Obj. 4.2)

What are the issues of individual and cultural diversity a counselor must consider when using REBT and behavioral theories?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Topic 4 DQ 1 (Obj. 4.1, 4.2, and 4.3)

Joseph is a client of yours doing outpatient therapy, one on one at least once a week for social phobia. He presents with intense anxiety, fear of being judged by others, intense negative self-judgments, and has dropped out of college because of these fears.

Using behavioral therapy techniques describe your approach to helping Joseph overcome his social phobia.

- What is the behavior you would like to change?
- Using concepts of behavioral reinforcement, how can this be achieved?
- How long do you think this would take to make this change?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 4 Participation : 20.0 points

Topic 5: Cognitive, Cognitive Behavioral and Reality Therapies

Objectives:

5.1: Analyze cognitive, cognitive behavioral, and reality therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]

5.2: Examine counseling applications for which cognitive, cognitive behavioral, and reality therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]

5.3: Analyze concepts reflected in cognitive, cognitive behavioral and reality therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

Topic Materials

Textbooks

Electronic Resources

Beck Institute

Explore the Beck Institute website.

http://www.beckinstitute.org/ (http://www.beckinstitute.org/)

Contemporary Cognitive Behavioral Therapy

Read "Contemporary Cognitive Behavioral Therapy," by Kazantzis, Luong, McDonald, & Hofmann, from *Handbook of Cognitive Behavioral Therapy: Overview and Approaches (*2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2021-23707-025&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2021-23707-025&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Divergence and Convergence: An examination of cognitive–behavioral and dynamic therapies, theoretical and clinical perspectives

Read "Divergence and Convergence: An examination of cognitive–behavioral and dynamic therapies, theoretical and clinical perspectives," by Gardner, from *Journal of Psychotherapy Integration* (2017).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2016-35242-001&site=ehost-live&scope=site (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2016-35242-001&site=ehost-live&scope=site)

One Case, Four Approaches: The Application of Psychotherapeutic Approaches in Sport Psychology

Read "One Case, Four Approaches: The Application of Psychotherapeutic Approaches in Sport Psychology," by Turner, Aspin, Didymus, Mack, Olusoga, Wood, & Bennett, from *Sport Psychologist* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=144461259&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=144461259&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapters 10 and 11 of *Theories of Counseling and Psychotherapy.*

What is Cognitive Behavior Therapy?: Process, Types, Components, Uses, and Effectiveness

Read "What Is Cognitive Behavior Therapy?" Process, Types, Components, Uses, and Effectiveness," by Cherry, located on the About.com Psychology website.

http://psychology.about.com/od/psychotherapy/a/cbt.htm (http://psychology.about.com/od/psychotherapy/a/cbt.htm)

Assignments:

Cognitive, Cognitive Behavioral, Rational Emotive Behavior Therapy, and Reality Therapy Application (Obj. 5.1 and 5.2)

Read the "Case Study Analysis" document and select one of the six case studies.

Select one of the following theories that you feel best applies to treating the client in the case study:

- Cognitive
- Cognitive behavioral
- Rational emotive behavior therapy

- Reality therapy

Write a 1,000-1,500-word analysis of the case study using the theory you chose. Include the following in your analysis.

- What will be the goals of counseling and what intervention strategies are used to accomplish those goals?
- Describe the process of treatment using this theory. This should include a description of the length of treatment, the role of the counselor, and the experience of the client as they work from beginning to termination of therapy.
- How does this theory address the social and cultural needs of the client? (Cite specific research findings)
- Describe the role of choice and decision making within the theory you chose regarding the efficacy of treatment. How can a counselor assist their client in using these concepts more effectively?
- How can a counselor implement cognitive processes in counseling without undue risk to the client or the counseling relationship?

Include at least six scholarly references beyond the textbook in your analysis.

Each response to the assignment prompts should be addressed under a separate heading in your paper. Refer to "Headings" Class Resource for help in formatting the headings.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Discussion Questions:

Topic 5 DQ 2 (Obj. 5.1)

The textbook indicates that choice intervention strategies are a central element of reality theory. How might these strategies be used in conjunction with other counseling theories?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling

Topic 5 DQ 1 (Obj. 5.1, 5.2, and 5.3)

What are the benefits of using cognitive behavioral therapy versus using behavioral therapy?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 5 Participation : 20.0 points

Topic 6: Family Systems Theory and Therapies

Objectives:

6.1: Identify the key differences between Bowen family systems and structural and strategic models. [CACREP 2.F.5.a, 2.F.5.b]

6.2: Compare family systems approaches to individual counseling approaches. [CACREP 2.F.5.a, 2.F.5.b]

6.3: Apply the techniques from one family systems approach to a hypothetical family therapy situation. [CACREP 2.F.5.a, 2.F.5.b]

6.4: Analyze concepts reflected in family systems theories and therapies that are important to the development of a counselor. [CACREP 2.F.5.a, 2.F.5.b]

Topic Materials

Textbooks

Electronic Resources

Bowen Family Systems Therapy With Transgender Minors: A Case Study

Read “Bowen Family Systems Therapy With Transgender Minors: A Case Study,” by Healy & Allen, from *Clinical Social Work Journal* (2020

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ofs&AN=146432065&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost

(https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ofs&AN=146432065&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Jay Haley

Read "Jay Hayley," from the GoodTherapy website.

https://www.goodtherapy.org/famous-psychologists/jay-haley.html (https://www.goodtherapy.org/famous-psychologists/jay-haley.html)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapter 13 of *Theories of Counseling and Psychotherapy.*

Assignments:

Comparison Worksheet (Obj. 6.1, 6.2, and 6.3)

Complete the Comparison Worksheet.

While APA style is not required for the body of this assignment, solid academic writing is expected, and documentation of sources should be presented using APA formatting guidelines, which can be found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standards:

2.F.5.a. Theories and models of counseling.

2.F.5.b. A systems approach to conceptualizing clients.

Discussion Questions:

Topic 6 DQ 2 (Obj. 6.3)

How could the family genogram be applied to the treatment of a family with addiction issues? Please apply this to a hypothetical family.

This discussion question is informed by the following CACREP Standards:

2.F.5.a. Theories and models of counseling.

2.F.5.b. A systems approach to conceptualizing clients.

Topic 6 DQ 1 (Obj. 6.1 and 6.4)

How can Bowenian, structural or strategic family systems theory provide challenges to new counselors? What are some strategies to help them be applied in individual therapy?

This discussion question is informed by the following CACREP Standards:

2.F.5.a. Theories and models of counseling.

2.F.5.b. A systems approach to conceptualizing clients.

Participation:

Topic 6 Participation : 20.0 points

Topic 7: Feminist, Solution-Focused Therapy, and Narrative Therapies

Objectives:

7.1: Analyze feminist, solution-focused, and narrative therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]

7.2: Examine counseling applications for which feminist, solution-focused, and narrative therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]

7.3: Analyze concepts reflected in feminist, solution-focused, and narrative therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

Topic Materials

Textbooks

Electronic Resources

Brief Family Therapy Center

Review the resources and information on the Brief Family Therapy Center website.

http://www.sfbta.org/ (http://www.sfbta.org/)

Integration of Narrative Therapy With Expressive Art Practices

Read “Integration of Narrative Therapy With Expressive Art Practices,” by Baştemur & Baş, from *Current Approaches in Psychiatry / Psikiyatride Guncel Yaklasimlar* (2021).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=149538298&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=149538298&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Social Constructionism in Couple and Family Therapy: Narrative, Solution-Focused, and Related Approaches

Read "Social Constructionism in Couple and Family Therapy: Narrative, Solution-Focused, and Related Approaches," by Heatherington & Johnson, from *APA Handbook of Contemporary Family Psychology: Foundations, Methods, and Contemporary Issues Across the Lifespan* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-59956-008&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2018-59956-008&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapters 12, 14, and 15 of *Theories of Counseling and Psychotherapy*.

Assignments:

Feminist, Solution-Focused, and Narrative Therapy Application (Obj. 7.1 and 7.2)

Read the "Case Study Analysis" document and select one of six case studies.

Select one of the following theories that you feel best applies to treating the client in the case study:

- Feminist
- Solution-focused
- Narrative

Write a 1,000-1,500-word analysis of the case study using the theory you chose. Include the following in your analysis.

- What will be the goals of counseling and what intervention strategies are used to accomplish those goals?
- Describe the process of treatment using this theory. This should include a description of the length of treatment, the role of the counselor, and the experience of the client as they work from beginning to termination of

therapy.
- How does this theory address the social and cultural needs of the client? (Cite specific research findings)
- Describe how your chosen theory supports the use of a constructivist philosophy throughout the counseling process. How does a collaborative approach change the ability for clients to create and accomplish their goals through counseling services?
- How should a counselor who utilizes post-modern / collaborative approaches interact with their clients in order to prevent undue harm, risk, or confusion from impeding the progress of therapy?

Include at least six scholarly references in your paper.

Each response to the assignment prompts should be addressed under a separate heading in your paper. Refer to "Headings" Class Resource for help in formatting the headings.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

This assignment is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Discussion Questions:

Topic 7 DQ 2 (Obj. 7.1 and 7.3)

Short-term theories have become popular in the past number of years due to the pressure from insurance companies and the legal needs to address the clients' presenting problems. With this in mind, why might it be important to consider using solution-focused theory? What can a counselor do to make sure they support their client effectively in a short-term situation? How do your skills need to change when your time with a client is limited?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Topic 7 DQ 1 (Obj. 7.2)

Would you consider choosing feminist, solution-focused, or narrative therapies when counseling individual clients, marriage clients, and family clients? What empirical evidence is available to support the use of these theories?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 7 Participation : 20.0 points

Topic 8: Integrating Counseling Theories

Objectives:

8.1: Examine the current trends in counseling theories used in various clinical environments. [CACREP 2.F.5.a, 5.C.1.b]

8.2: Describe how a counselor can develop a focused and effective integrated theoretical approach. [CACREP 2.F.5.a, 5.C.1.b]

Topic Materials

Textbooks

Electronic Resources

Chapter 3 – Motivational Interviewing as a Counseling Style

Read “Chapter 3 – Motivational Interviewing as a Counseling Style” from *Treatment Improvement Protocol 35: Enhancing Motivation for Change in Substance Abuse Treatment*, located on the National Center for Biotechnology Information website.

http://www.ncbi.nlm.nih.gov/books/NBK64964/ (http://www.ncbi.nlm.nih.gov/books/NBK64964/)

Developing Your Theoretical Orientation in Counseling and Psychotherapy

The following resource was mentioned in the Webinar. Consider purchasing and reading *Developing Your Theoretical Orientation in Counseling and Psychotherapy*, by Halbur & Halbur (2019).

https://www.amazon.com/Developing-Theoretical-Orientation-Counseling-Psychotherapy/dp/0134805720/ref=sr_1_1?dchild=1&keywords=developing+your+theoretical+orientation+counseling&qid=1619730774&sr=8-1 (https://www.amazon.com/Developing-Theoretical-

Orientation-Counseling-Psychotherapy/dp/0134805720/ref=sr_1_1?dchild=1&keywords=developing+your+theoretical+orientation+counseling&qid=1619730774&sr=8-1)

Motivational Interviewing

Explore the Motivational Interviewing website.

http://www.motivationalinterviewing.org/ (http://www.motivationalinterviewing.org/)

Professional Counselor Identity

Please consider watching the following webinar that was created by GCU faculty. The webinar covers counseling theory, the importance of aligning with a counseling theory, and shared faculty experiences regarding how they found their aligning theory.

https://youtu.be/cJYiBcClqwM (https://youtu.be/cJYiBcClqwM)

Selecting a Theoretical Orientation: A Constructivist Grounded Theory Study With Counselors-in-Training

Read "Selecting a Theoretical Orientation: A Constructivist Grounded Theory Study With Counselors-in-Training," by Watson & Super, from *Journal of Counselor Preparation & Supervision* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edo&AN=144828415&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edo&AN=144828415&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Smoking Behavior Change Strategies

View "Smoking Behavior Change Strategies," from *Smoking Cessation*.

https://lopes.idm.oclc.org/login?url=http://digital.films.com.lopes.idm.oclc.org/PortalPlaylists.aspx?aid=12129&xtid=29967&loid=2886 (https://lopes.idm.oclc.org/login?url=http://digital.films.com.lopes.idm.oclc.org/PortalPlaylists.aspx?aid=12129&xtid=29967&loid=2886)

The Relationship Between Empathy and Theoretical Orientation of Counselors-in-Training

Read “The Relationship Between Empathy and Theoretical Orientation of Counselors-in-Training,” by Boulton & Davis, from *Journal of Counselor Preparation & Supervision* (2019).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edo&AN=140225036&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1 (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edo&AN=140225036&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1)

Theoretical Evaluation Self-Test

Review following resource was mentioned in the Webinar. Review and take the “Theoretical Evaluation Self-Test,” by Coleman (2008).

http://web.pdx.edu/~dcoleman/test.html#TEST (http://web.pdx.edu/~dcoleman/test.html#TEST)

Theories of Counseling and Psychotherapy: A Case Approach

Read Chapter 17 of *Theories of Counseling and Psychotherapy.*

Understanding the Link Between Motivational Interviewing and Self-Compassion

Read “Understanding the Link Between Motivational Interviewing and Self-Compassion,” by Pastore & Fortier, from *Canadian Journal of Counseling & Psychotherapy / Revue Canadienne de Counseling et de Psychothérapie* (2020).

https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=148348593&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost (https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=148348593&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost)

Assignments:

Benchmark - Major Counseling Theories Presentation* (Obj. 8.1 and 8.2)

Throughout the course, you have studied and written about several counseling theories that are used in the counseling profession. Refer to the e-Portfolio resources to familiarize yourself with the expectations specific to establishing your theoretical orientation and counseling philosophy. This assignment should be saved for your e-Portfolio. In this PowerPoint presentation, select one counseling theory you see yourself being most effective in, and create a 7-10-slide presentation that includes the following:

- How do you personally identify with the concepts of this theory?
- How does this theory align with your view of human nature?
- How does this theory align with your view of dysfunction/change?
- How does this theory align with your view on the roles of counselors and clients in therapy?
- What are the strengths and limitations when applying this theory to diverse client populations?
- Review the GCU Counselor Dispositions or Professional Dispositions of Learners document depending on your program of study located in the class resources. Clinical Mental Health Counseling students will discuss the *Acceptance* and *Flexibility* dispositions, while School Counseling students will discuss the *Fairness* and *Advocacy* dispositions. Once you have reviewed the dispositions, explain how this theory can help you utilize these dispositional values in your personal counseling approach by reflecting on your strengths and areas of opportunity.
- How can you grow as a counseling student to use this theory most effectively by the time you reach practicum?

Include the ACA or ASCA Code of Ethics (depending on your program of study) and six scholarly references beyond the course textbook in your presentation.

Title slide and reference slide are not included in the slide count. Include speaker notes below each content-related slide that represent what would be said if giving the presentation in person. Expand upon the information included in the slide and do not simply restate it. Please ensure the speaker notes include a minimum of 150 words.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

You are required to submit this assignment to LopesWrite. A link to the LopesWrite technical support articles is located in Class Resources if you need assistance.

**This assignment is recommended as a representative artifact in your e-Portfolio.*

This performance assessment assesses the Key Performance Indicator (KPI) for Social & Cultural Diversity.

Benchmark Information

This benchmark assignment assesses the following programmatic competency and professional standards:

MS Clinical Mental Health Counseling; MEd School Counseling

1.1: Demonstrate an understanding of the major counseling theories and principles. [CACREP 2.F.5.a; MC5]

This assignment is informed by the following CACREP Standards:

2.F.2.c. Multicultural counseling competencies.

2.F.5.a. Theories and models of counseling.

5.C.1.b. Theories and models related to clinical mental health counseling.

Discussion Questions:

Topic 8 DQ 2 (Obj. 8.1)

How can you, as a counselor, avoid becoming "stuck" in a particular theoretical framework? Identify specific ways that you can ensure you continue to grow. What are some trends you are interested in learning about now that you understand counseling theory?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Topic 8 DQ 1 (Obj. 8.2)

Now that you have studied all the different theories of psychotherapy, what theory do you feel has the strongest approach for the population you may want to work with? Do you think that you will need to learn more than one approach? Why?

This discussion question is informed by the following CACREP Standard:

2.F.5.a. Theories and models of counseling.

Participation:

Topic 8 Participation : 20.0 points

Gradebook

Assignment	Topic Due	Non Trad Points
Freud’s Psychoanalytic Theory Application (Obj. 1.1, 1.2, 1.3, and 1.4)	Topic 1	100
CNL-500 Classical Theory Comparison Worksheet (Obj. 2.1 and 2.2)	Topic 2	100

Assignment	Topic Due	Non Trad Points
Person-Centered Therapy: Concepts and Counselor Qualities (Obj. 3.1 and 3.3)	Topic 3	100
CNL-500 Topic 4 Quiz	Topic 4	20
Cognitive, Cognitive Behavioral, Rational Emotive Behavior Therapy, and Reality Therapy Application (Obj. 5.1 and 5.2)	Topic 5	100
Comparison Worksheet (Obj. 6.1, 6.2, and 6.3)	Topic 6	100
Feminist, Solution-Focused, and Narrative Therapy Application (Obj. 7.1 and 7.2)	Topic 7	100
Benchmark - Major Counseling Theories Presentation* (Obj. 8.1 and 8.2)	Topic 8	120
CNL-500 Topic 8 Quiz	Topic 8	20
Discussion Questions	Topics 1-8	80
Participation	Topics 1-8	160
Total		1000

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