

PSYC520

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

Course Summary

Description

Course Description: This course explores the processes of normal and abnormal personality development and models of counseling and psychotherapy including psychoanalytic, behavioral, cognitive, and existential approaches.

Course Scope:

This course covers thirteen of the most influential theories of personality and psychotherapy. Each theory of psychotherapy will be examined from the viewpoint of its history, the theory of personality on which it is based, the major techniques used by the approach and its applications.

Objectives

Students completing this course will:

1. Examine the processes of normal and abnormal personality development as articulated by each major theory
2. Critique assessment techniques of particular theoretical models and implications for therapy
3. Assess the role of multicultural factors in the development of personality
4. Conceptualize psychotherapy orientations and techniques generated by each theory
5. Assess case study client problems from the viewpoint of each theory
6. Demonstrate APA style and writing skills commensurate with graduate level studies

Outline

Week 1: Introduction to Personality, Psychoanalytic Psychotherapies

Learning Objectives:

Define personality theory and how it relates to models of counseling
Discuss the basic concepts of psychoanalysis and its history
Examine how Freud's theory of personality shaped psychoanalysis
Identify the key components of the practice of psychoanalysis
Explore several applications of psychoanalysis

Review and evaluate a case study utilizing techniques and methods of psychoanalysis

Readings:

Chps. 1 and 2 in Current Psychotherapies
Case 1 in Case Studies in Psychotherapy

Assignments:

Week 1 Forum

Week 2: Adlerian Psychotherapy, Client-Centered Psychotherapy

Learning Objectives:

Relate the basic concepts of Adlerian Psychotherapy and Client-Centered Psychotherapy and their histories
Examine how these theories of personality shaped their therapies
Investigate the components of each therapy in practice
Review and evaluate a case study utilizing techniques and methods of these approaches to therapy

Readings:

Chps. 3 and 4 in Current Psychotherapies
Cases 2 and 3 in Case Studies in Psychotherapy

Assignments:

Brief Essay Paper
Week 2 Forum

Week 3: Rational Emotive Behavioral Therapy, Behavior Therapy

Learning Objectives:

Relate the basic concepts of Rational Emotive Behavioral Therapy and Behavior Therapy and their histories
Examine how these theories of personality shaped their therapies
Investigate the components of each therapy in practice
Review and evaluate a case study utilizing techniques and methods of these approaches to therapy

Readings:

Chps. 5 and 6 in Current Psychotherapies
Cases 4 and 5 in Case Studies in Psychotherapy

Assignments:

Literature Review Paper Annotated Bibliography (Paper Due Week 7)
Case Analysis
Week 3 Forum

Week 4: Cognitive Therapy and Existential Therapy

Learning Objectives:

Relate the basic concepts of Cognitive Therapy and Existential Therapy and their histories
Examine how these theories of personality shaped their therapies
Investigate the components of each therapy in practice

Review and evaluate a case study utilizing techniques and methods of these approaches to therapy

Readings:

Chps. 7 and 8 Current Psychotherapies
Cases 6 and 7 in Case Studies in Psychotherapy

Assignments:

Midterm Exam
Week 4 Forum

Week 5: Gestalt Therapy, Interpersonal Psychotherapy

Learning Objectives:

Relate the basic concepts of Gestalt Therapy and Interpersonal Psychotherapy and their histories
Examine how these theories of personality shaped their therapies
Investigate the components of each therapy in practice
Review and evaluate a case study utilizing techniques and methods of these approaches to therapy

Readings:

Chps. 9 and 10 in Current Psychotherapies
Cases 8 and 9 in Case Studies in Psychotherapy

Assignments:

Brief Essay Paper
Week 5 Forum

Week 6: Family Therapy and Contemplative Therapy

Learning Objectives:

Relate the basic concepts of Family therapy and Contemplative Therapy and their histories
To examine how the theory of personality shaped the therapy
Investigate the components of each therapy in practice
Review and evaluate case study utilizing techniques and methods of these approaches to therapy

Readings:

Chps. 11 and 12 in Current Psychotherapies
Cases 10 and 11 in Case Studies in Psychotherapy

Assignments:

Week 6 Forum
Case Analysis

Week 7: Positive Psychotherapy and Integrative Therapy

Learning Objectives:

Relate the basic concepts of Family therapy and Contemplative Therapy and their histories
To examine how the theory of personality shaped the therapy
Investigate the components of each therapy in practice

Review and evaluate case study utilizing techniques and methods of these approaches to therapy

Readings:

Chps. 13 and 14 in Current Psychotherapies
Cases 12 and 13 in Case Studies in Psychotherapy

Assignments:

Week 7 Forum
Literature Review

Week 8: Multicultural Theories of Psychotherapy, Contemporary Challenges and Controversy

Learning Objectives:

Identify challenges likely to be encountered by therapists today
Examine several of the current controversies in the field

Readings:

Chps. 15 and 16 in Current Psychotherapies
Case 14 in Case Studies in Psychotherapy

Assignments:

Week 8 Forum

Evaluation

GENERAL ASSIGNMENT EXPECTATIONS:

It is expected that graduate students will exhibit advanced level critical thinking; the ability to synthesize multiple sources of information, writing skills and academic integrity in all course activities. With the exception of forums, assignment submissions completed in a narrative essay or composition format may not be written in first or second person ("I" or "you").

All assignments must follow the citation and reference style established by APA the Publication Manual of the American Psychological Association, 6th ed. (2009, Washington, D.C.: American Psychological Association), in size 12 Times New Roman or Arial font, double-spaced with 1" margins on all sides of the page and include a cover page with the following centered vertically and horizontally: Student Name, Date of Submission, Assignment Title, Course Name and Professor Name.

With the rare exception of briefly quoting specific statistical research findings, in which case the publication's author and year date of publication must be properly cited with quoted material placed inside quotation marks, all paper content should be paraphrased (summarized in the student's own words) with correct source citations properly formatted in APA style. The website <http://owlenglish.purdue.edu/owl/resource/560/01/> is an excellent, easy to understand resource for APA style formatting and source citation.

Unless otherwise instructed, students may not use commercial websites as the basis for completion of any assignments. Encyclopedia websites, such as Wikipedia or Encarta, dictionaries, blogs or opinion slanted news media outlets, and commercial Internet sources such as Web MD or About.com may not be used for any writing assignment. Scholarly, peer-reviewed journals from the APUS Online Library must be used for assignment completion.

COURSE ASSIGNMENTS

Forums: Due Weeks 1, 2, 3, 4, 5, 6, 7 and 8

Eight weekly forums are required. Instructions for completing them and a grading rubric are located under the "View Full Description" link beneath each listed forum. Because scholarly dialogue and related student interaction within a learning community are such essential aspects of online learning, participation is required and graded.

Midterm Exam:

The course midterm essay exam assesses students' ability to apply knowledge gained through Week 4 of the course. The exam and its instructions are posted in the "Tests & Quizzes" tab in the classroom. Answers will be evaluated for the degree to which they exemplify advanced level critical thinking and knowledge application commensurate with graduate level studies.

Brief Essay Papers: Due Weeks 2 and 5

Students will compose two short essay papers in which they pursue an assigned thread of inquiry designed to afford the opportunity to apply knowledge gained during the course. Topics for these papers will be posted in the classroom during their respective assigned weeks. The papers must follow the requirements noted above under general assignment instructions detailed in this syllabus. A grading rubric is listed under the "View Details" link with this assignment.

Case Analyses: Due Weeks 3 and 6

Students will develop two cases analyses in which they analyze cases per information and instructions posted in the classroom during their respective assigned weeks. Whereas the papers above are designed to facilitate assessment and synthesis of theories and constructs, the purpose of these analyses is to demonstrate an ability to apply knowledge gained during the course to real world individual cases. The papers must follow the requirements noted above under general assignment instructions. A grading rubric is listed under the "View Details" link with this assignment.

LITERATURE REVIEW PAPER: Due Week 7

Students will submit an 8 - 10 page (not including the cover or References pages) length paper summarizing 6 - 8 evidence based (meaning reports of findings arising from experimental research conducted by the article author[s] and not opinion articles or publications summarizing multiple research studies), peer-reviewed articles retrieved from the APUS online library. These summaries must not be merely one summary after another with no meaningful connections between them, but rather the paper should integrate and demonstrate clearly how the summaries are logically related to one another in a coherent and well-articulated literature review. The paper will end with a minimum of two paragraphs summarizing points made and articulating suggestions for future research directions arising from the article reviews. A grading rubric is listed under the "View Details" link with this assignment.

*An **Annotated Bibliography** which includes an APA formatted listing of articles to be used for the paper with an accompanying brief description of what each covers (to be written in the student's own words— copying or paraphrasing the article abstract is not permitted) must be submitted by the end of Week 3 of the course. The annotated bibliography worth 50 possible points and is part of the total Literature Review Paper points possible. If it is not submitted by the end of Week 3, 50 points will be deducted prior to any other grading of the paper. This assignment submission will be evaluated based on:*

- The degree to which the article summaries are truly integrated and logically related; arbitrary statements of "This is related to that" without supporting evidence of an actual connection will result in a significant point deduction.
- Evidence of academically mature insight and use critical thinking skills in analyzing and relating the articles to each other and making suggestions for future research directions.
- Clear and thorough articulation of the paper's key points.
- Compliance with APA paper formatting standards.
- Minimal to no grammar, spelling or basic writing errors

Grading:

Name	Grade %
Forums	32.00 %
Week 1 Forum	4.00 %
Week 2 Forum	4.00 %
Week 3 Forum	4.00 %
Week 4 Forum	4.00 %
Week 5 Forum	4.00 %
Week 6 Forum	4.00 %
Week 7 Forum	4.00 %
Week 8 Forum	4.00 %
Brief Essay Papers	10.00 %
Brief Essay Paper (Week 2)	5.00 %
Brief Essay Paper (Week 5)	5.00 %
Case Analyses	10.00 %
Case Analysis (Week 3)	5.00 %
Case Analysis (Week 6)	5.00 %
Exam	18.00 %
Week 4 Midterm Exam	18.00 %
Literature Review paper	30.00 %
Annotated Bibliography (Week 3)	5.00 %
Literature Review Paper (Week 7)	25.00 %

Materials

Book Title: Current Psychotherapies, 10th ed.

Author: Wedding and Corsini

Publication Info: Cengage

ISBN: 9781285083711

Book Title: Case Studies in Psychotherapy, 7th ed.

Author: Wedding and Corsini

Publication Info: Cengage

ISBN: 9781285175232

Corsini, R. J. & Wedding, D. (2014). Current psychotherapies (10th Ed.). Brooks Cole.

Wedding, D. & Corsini, R. J. (2014). Case studies in psychotherapy (7th Ed.). Brooks Cole.

Course Guidelines

Citation and Reference Style

- Students will follow APA format as the sole citation and reference style used in written assignments

submitted as part of coursework in the Psychology Department.

- Please note that no formal citation style is graded on forum assignments in the School of Arts & Humanities—only attribution of sources (please see details regarding forum communication below).

Tutoring

- [Tutor.com](https://www.tutor.com) offers online homework help and learning resources by connecting students to certified tutors for one-on-one help. AMU and APU students are eligible for 10 free hours of tutoring provided by APUS. Tutors are available 24/7 unless otherwise noted. Tutor.com also has a SkillCenter Resource Library offering educational resources, worksheets, videos, websites and career help. Accessing these resources does not count against tutoring hours and is also available 24/7. Please visit the APUS Library and search for 'Tutor' to create an account.

School of Arts & Humanities Late Policy

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals, we understand you must manage competing demands on your time. Should you need additional time to complete an assignment, please contact your instructor before the due date so you can discuss the situation and determine an acceptable resolution.

Work posted or submitted after the assignment due date will be reduced by 10% of the potential total score possible for each day late up to a total of five days, including forum posts/replies, quizzes/tests, and assignments. Beginning on the sixth day late through the end of the course, late work, including forum posts/replies, quizzes/tests, and assignments, will be accepted with a grade reduction of 50% of the potential total score earned.

Turn It In

Assignments are automatically submitted to Turnitin.com within the course. Turnitin.com will analyze an assignment submission and report a similarity score. Your assignment submission is automatically processed through the assignments area of the course when you submit your work.

Academic Dishonesty

Academic Dishonesty incorporates more than plagiarism, which is using the work of others without citation. Academic dishonesty includes any use of content purchased or retrieved from web services such as CourseHero.com or Scribd. Additionally, allowing your work to be placed on such web services is academic dishonesty, as it is enabling the dishonesty of others. The copy and pasting of content from any web page, without citation as a direct quote, is academic dishonesty. When in doubt, do not copy/paste, and always cite.

Submission Guidelines

- Some assignments may have very specific requirements for formatting (such as font, margins, etc.) and submission file type (such as .docx, .pdf, etc.). See the assignment instructions for details. In general, standard file types such as those associated with Microsoft Office are preferred, unless otherwise specified.
- It is the student's responsibility to ensure the all submitted work can be accessed and opened by the instructor.

Disclaimer Statement

Course content may vary from the outline to meet the needs of a particular group or class.

Communicating on the Forum

- Forums are the heart of the interaction in this course. The more engaged and lively the exchanges, the more interesting and fun the course will be. Only substantive comments will receive credit. Although

there is a final posting day/time after which the instructor will grade and provide feedback, you are strongly discouraged from waiting until the due date to contribute your comments/questions on the forum. The purpose of the forums is to actively participate in an on-going discussion about the assigned content.

- “Substantive” means comments that contribute something new and important to the discussion. Thus a message that simply says “I agree”, even if wordy and thus, meets the length requirement, is not substantive. A substantive comment contributes a new idea or perspective, a good follow-up question to a point made, offers a response to a question, provides an example or illustration of a key point, points out an inconsistency in an argument, etc.
- As a class, if we run into conflicting view points, we must respect each other as colleagues. Hateful, aggressive, or hurtful comments towards other individuals, students, groups, peoples, and/or societies will not be tolerated.
- Students must post a response to the weekly forums prompt and post the required number of replies to other students – refer to the grading rubric and/or forum instructions for specific expectations on number of replies and word count requirements.

Quizzes and Exams

Quizzes and exams may consist of true/false, multiple choice, and short essay questions. Each quiz/exam is accessible only once. Once a quiz/exam is accessed, you will not be able to access it again if you disconnect. Therefore, allocate time to complete your assessments.

University Policies

[Student Handbook](#)

- [Drop/Withdrawal policy](#)
- [Extension Requests](#)
- [Academic Probation](#)
- [Appeals](#)
- [Disability Accommodations](#)

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