

Clinical and Counseling Psychology (PSY 459)

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Office Hours: In addition to this course, I'm in class from 9-11 am on M-W-F and 11:00-12:15 on T-Th. So, typically I will be in my office 11:00-2:00 on M-W-F and 9:00-10:45 and 12:30-3:00 on T-Th.

Texts: All course readings and other materials are available at www.SmellsLikeCollege.com/PSY459

Course Format and Objectives

The primary objective in this course is to introduce you to the processes, skills, and theories that comprise counseling and psychotherapy. We will focus on developing basic assessment and therapeutic skills, examining the factors that constitute successful counseling, and understanding the issues involved in a being a professional therapist.

Expectations / Grading

Exams (45 possible points each): There will be four exams in which you will be asked to integrate the material covered since the last exam. If you know in advance that you will not be able to take a particular exam at the scheduled time, let me know as soon as possible so that we can make other arrangements. If you do not contact me prior to a scheduled exam, we will have to devise an alternative form of the exam.

Counseling Skills Paper (10 possible points): This paper will be based on an exercise in which you practice basic counseling skills in a private interaction with an acquaintance. The task includes finding a volunteer who will spend at least 15 minutes with you as you practice the active listening and assessment skills we cover in the course. We will discuss in class more specifically how to conduct the interview. The paper should include your observations about how you did (what was your best and worst), what reactions you observed in your client, what might have surprised you, and what you wish you would have done differently. The paper is to be typed, double-spaced with 12-point font (Times New Roman) and one-inch margins. There is no need for references or a title page. Simply dive into describing your experience with this exercise. This is meant to be a brief and informal paper.

Career Reflection Paper (10 possible points): To demonstrate that you have understood the processes and theories used in counseling, you will be asked to write a paper in which you describe your strengths and weaknesses as a potential counselor, the aspects of the role that you think you would like and dislike, and the primary theoretical perspective you imagine you would gravitate toward (and why). The paper is to be typed, double-spaced with 12-point font (Times New Roman) and one-inch margins. There is no need for references or a title page. This is meant to be a brief and informal paper.

Final Grade: The total number of possible points in the course equals 200, and your grade in the course is based on a straight scale: 90-100% = **A**, 88-89% = **B+**, 80-87% = **B**, 78-79% = **C+**, 70-77% = **C**, 60-69% = **D**, less than 60% = **F**. At any time you can determine how you are doing in the course by computing the percentage of points you have earned out of the total possible.

In Case of an Emergency School Closing

If we have an unexpected evacuation or closing of the college, continue to follow the assigned reading schedule. If an exam falls on a cancelled day, the exam will be held the next time the class meets (so be prepared to take the exam). If the college closes for a substantial length of time, monitor Koala Connection and your college e-mail account for information and directions. If the KC is down, you can e-mail me at Michael@mindingthemind.com.

Special Individual Arrangements

If you need accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in the event the building must be evacuated, please see me.

DATE TOPIC

Aug. 29 What is Psychotherapy and Does it Work? Who are Therapists? Clients?

Aug. 31 The Basic Skills and Learning to Listen

Assessment and Evaluation

Sept. 7 The Initial Contact & Intake Interviewing

Sept. 12 Assessing Mental Status and Life Context, Formally and Informally

Sept. 14 Assessing Mental Status and Life Context, *Continued*

Sept. 19 Pitfalls of Psychological Testing and Clinical Judgment

Sept. 21 **Exam 1**

The Processes and Stages of Individual Therapy

Sept. 26 The Early Phase & the Therapeutic Alliance – *Counseling Skills Reflection Paper Due*

Sept. 28 Problem Solving and Goal Setting

Oct. 3 The Middle Phase: Resistance & Conflict

Oct. 5 The Client in Crisis . . . Crisis Intervention

Oct. 10 The Late Phase of Therapy and Termination

Oct. 12 **Exam 2**

Primary Theoretical Approaches to Therapy

Oct. 17 Psychoanalytic Approaches to Therapy

Oct. 19 Client-Centered Approaches to Therapy

Oct. 24 Behavioral and Cognitive Approaches to Therapy

Oct. 26 Behavioral and Cognitive Approaches Continued

Oct. 31 Existential and Gestalt Approaches to Therapy

Nov. 2 Solution-Focused, Paradoxical, and Strategic Approaches to Therapy

Nov. 7 **Exam 3**

Professional Issues, Variations, and Specialties

Nov. 9 Group Therapies

Nov. 14 Couples and Marital Therapies

Nov. 16 Family Therapy & Working with Children

Nov. 21 Clinical / Counseling Psychologists in Various Settings – *Career Reflection Paper Due*

Nov. 28 Ethical & Legal Issues

Nov. 30 Ethical & Legal Issues Continued, Professional Development

Dec. 7 **Exam 4:** Wednesday, 11:00 am--1:00 pm