



Course Syllabus

Course Number | Name: PSY335NT - Counseling Theories

Course Credits: 3

Course Duration: 8 weeks

Course Description:

This course provides an overview of the major theoretical approaches to counseling and psychotherapy, with a focus on integrating the Christian perspective into secular counseling theory. Students will explore the historical and philosophical roots of counseling theory, as well as the core concepts and techniques associated with each approach. Emphasis will be placed on the application of theory to practice and the development of a critical and reflective approach to counseling work.

Psychology Program Learning Outcomes (PLOs*):

1	Apply basic research methods, including research design, data analysis, and interpretation.
2	Demonstrate critical and creative thinking, skeptical inquiry, and a scientific approach to applying psychological principles to personal, social, ethical, religious, and organizational issues informed by a biblical worldview.
3	Develop insight into their own and others' behavior and mental processes and apply effective strategies for self-management, self-improvement, and self-care, as well as apply psychological principles to individual, interpersonal, group, and societal issues.
4	Identify and apply basic knowledge of major concepts, theoretical perspectives, empirical findings, and historical trends in psychology and to evaluate them from a Christian worldview.
5	Analyze empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.
6	Communicate effectively in a professional and diverse global environment.
7	Demonstrate digital literacy throughout their program.

***Every psychology course must include assessments of some, but not all of the PLOs. The highlighted ones are assessed in this course.**

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Course Learning Outcomes (CLOs):

#	CLOs	Bloom's*	PLO(s)~
1	Define major theories of counseling and psychotherapy.	1	4
2	Demonstrate an understanding of the importance of cultural competence and ethical considerations in psychotherapy practice.	2	2,3,4
3	Analyze the differences and inter-relationships among the various theories of counseling and psychotherapy and their successful application to various client populations.	4	1,2,4,5
4	Evaluate the major theories of counseling and psychotherapy through the lens of a biblical worldview.	5	1,2,3,4,5,6,7

*Indicates Bloom's Taxonomy cognitive domain level.

~Indicates which PLO(s) are aligned with the CLO.

Biblical Worldview Integration Plan:

Throughout the course, various approaches to psychotherapy will be discussed in relation to biblical principles and faith-based therapeutic practices. In addition to class discussions, assigned readings will explore the intersection of Christianity and psychology. The course will also incorporate Biblical themes into practical exercises and case studies. The goal is for students to understand how a Christian worldview can inform the practice of mental health professionals and equip clinicians with the knowledge and skills to provide compassionate and effective care that honors both their clients and their faith.

Required Media:

Kahn, M. (1997) *Between Therapist and Client: The New Relationship*. Henry Holt and Co. ISBN-13: 978-0805071009. Paper

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Grading Grid:

Assessments (# in parentheses) - # pts. each if > 1	Total Points
Discussions (8) - 25 pts. each	200
Weekly Quizzes (6) – 50 pts each	300
Counseling Theory and Christian World View Integration Paper	225
Counseling Theory Personal Integration Paper	175
Final Exam	100
Total Points:	1,000

Course Schedule:

Week 1

Media:

1. Kahn, Chapter 1 - Why Study The Relationship & Chapter 2 - The Discovery of Transference: Sigmund Freud
2. Tan (2018), How and Why Some Therapists Are Better Than Others: Empirical Evidence and Clinical Applications from a Christian Perspective Article
3. Hansen, J. (2006), Counseling Theories Within a Postmodernist Epistemology: New Roles for Theories in Counseling Practice Article
4. Defife and Hilsenroth (2011), Starting off on the right foot Article
5. Counseling Theory vs Techniques Video
6. Getting Help - Psychotherapy: Crash Course Psychology Video

Assignments:

1. Assignment 1-1 Quiz 1
2. Wk1 Discussion - See Instructions in the course

Week 2

Media:

1. Kahn, Chapter 2 - Review from Week 1
2. Pine, F. (1998), THE FOUR PSYCHOLOGIES OF PSYCHOANALYSIS AND THEIR PLACE IN CLINICAL WORK Article
3. Adler, A (1928), Etiology and Therapy of Neuroses Article
4. Douvan (1996), Erik Erikson: Critical Times, Critical Theory Article
5. Rosler & Reefschläger (2022), Jungian Psychotherapy, Spirituality, and Synchronicity: Theory, Applications, and Evidence Base Article

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6. Freud, Jung, and Psychoanalysis Video
7. Carl Jung Face to Face Video
8. Alfred Adler Overview Video
9. Erikson's Developmental Stage Theory Video

Assignments:

1. Assignment 2-1 Quiz 2
2. Wk2 Discussion - See Instructions in the course

Week 3

Media:

1. Kahn, Chapter 3 - The Influence of the Humanists: Carl Rogers
2. May, R (1960), Existential Basis of Psychotherapy Article
3. Fankl, V. (1967), Logotherapy and Existentialism Article
4. Rogers, C. (1957), THE NECESSARY AND SUFFICIENT CONDITIONS OF THERAPEUTIC PERSONALITY CHANGE Article
5. Yalom, I. (2002), Religion and Psychiatry Article
6. Maslow, A (1943), A theory of human motivation Article
7. A Conversation with Carl Rogers: The Job of a Therapist Video
8. Carl Rogers and Gloria Video
9. Fritz Perls and Gloria Video
10. Viktor Frankl Video
11. Abraham Maslow – Self Actualization Video
12. Irving Yalom In Session Video
13. A conversation with Irving Yalom Video

Assignments:

1. Assignment 3-1 Quiz 3
2. Wk3 Discussion - See Instructions in the course

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Week 4

Media:

1. Kahn, Chapter 3 - A Re-Experiencing Therapy: Merton Gill
2. Tan, S. (1987), Cognitive-behavior therapy a biblical approach and critique Article
3. Wang & Tang (2016), Dialectical Behavioral Therapy (DBT): Empirical Evidence and Clinical Applications from a Christian Perspective Article
4. Cullen (2008), Acceptance and Commitment Therapy (ACT): A Third Wave Behaviour Therapy Article
5. Ellis, A. (1980), RET and CBT similarities and differences Article
6. Foa, E. (2011), PROLONGED EXPOSURE THERAPY: PAST, PRESENT, AND FUTURE Article
7. A "Secret Kindness" Intervention for Working with Anxiety and Depression Video
8. Psychological flexibility: How love turns pain into purpose – Stephen Hayes, PhD TedxTalk Video
9. Anxiety, Trauma and How Prolonged Exposure Therapy Works For PTSD ft. Dr. Edna Foa Video
10. Three Approaches to Psychotherapy, Albert Ellis and Gloria - REBT Video

Assignments:

1. Assignment 4-1 Quiz 4
2. Wk4 Discussion - See Instructions in the course

Week 5

Media:

1. Kahn, Chapter 5 – The meeting of psychoanalysis and humanism: Heniz Kohut
2. Stolorow, R. (2013), Intersubjective-Systems Theory: A Phenomenological-Contextualist Psychoanalytic Perspective Article
3. Piehl & Austin (2012), Psychoanalytic Interpretation as Pharmakon: Applying Derrida's "Plato's Pharmacy" to Psychoanalysis Article
4. Brandchaft, B (1986), Klein, Balint, Fairbain a Self-Psychological Perspective Article
5. Heinz Kohut – Reflections on Empathy Video
6. Object Relations clinical theory – Introduction Video
7. Dr George Atwood: Shattered Worlds, the Experience of Personal Annihilation Video

Assignments:

1. Wk5 Discussion - See Instructions in the course

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Week 6

Media:

1. Kahn, Chapter 6 - Countertransference
2. Piehl, R (2001), Narrative Therapy and Christian Counselor: Necessary Precautions Article
3. Gilligan, C (2014), Moral Injury and the Ethic of Care: Reframing the conversation about differences Article
4. Carr, A. (1998), Michael White's narrative therapy Article
5. Narrative Therapy with Dr. Diane Gehart Video
6. In a Human Voice: In Conversation with Psychologist Carol Gilligan - 11.03.2022 Video

Assignments:

1. Assignment 6-1 Quiz 5
2. Wk6 Discussion - See Instructions in the course

Week 7

Media:

1. Kahn, Chapter 7 – The Therapists Dilemma
2. Roberts (1991), Mental Health and the Virtues of Community: Christian Reflections on Contextual Therapy Article
3. Safran, J (2002), Brief Relational Psychoanalytic Treatment Article
4. Marriage and Family Theories Overview Video
5. Contextual Family Therapy – Dr. Ivan Boszormenyi-Nagy Video
6. The process of change – Virginia Satir Video
7. Deliberate Practice Three Steps: Video

Assignments:

1. Assignment 7-1 Quiz 6
2. Assignment 7-2 Personal Theory Paper - See Instructions in the course
3. Wk7 Discussion - See Instructions in the course

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Week 8

Media:

1. Kahn, Chapter 8 – The New Relationship
2. The God Factor in Mental Health Article
3. Reasons for Christians NOT to Go to Therapy Article
4. Kunst & Tan (1996), Psychotherapy as work in the spirit thinking theologically about psychotherapy Article
5. Biblical Counseling vs Christian Counseling: What's the difference? Video
6. Can Psychology Be Christian? Sian-Yang Tan, PhD Video
7. The Real Purpose of Therapy – Dr. Mark Baker Video
8. Where Is God When It Hurts? – Dr. Mark Baker Video

Assignments:

1. Assignment 8-1 Final Exam
2. Assignment 8-2 Counseling Theory Integration Paper - See Instructions in the course
3. Wk8 Discussion - See Instructions in the course