

COURSE OUTLINE

CCW course outline book

COURSE TITLE: Therapeutic Studies

COURSE NUMBER: CCW 227-3

INSTRUCTOR: Eric Reiter, MA

DATES: Thursday, January 6 - April 21 Jan. 31/83 class (Dare)

COURSE DESCRIPTION:

This course will study the basic principles and methodologies of two approaches to counselling and therapy namely, Gestalt and Neuro Linguistic Programming (NLP). A third therapeutic modality, selected by the student, is provided for through the course requirement (Comparative Essay).

The basic format of the course follows a discuss, experience, practice and assignment design. The discuss sections cover the theory and principles under consideration. The experience and practice sections include small group, experiential and skill development exercises designed to personally integrate the concepts under discussion. The assignment sections focus on out of class assignments (readings, journals, essays) to be completed between meetings.

COURSE PHILOSOPHY:

This course is designed to provide the students with knowledge and experience powerful enough to affectively and effectively help them improve their understanding of the theories, concepts, and techniques of selected approaches to counselling and therapy. Developing effective counselling and therapeutic intervention skills require more than just a cognitive understanding of principles and techniques. Therefore, the format of each class will in addition to traditional pedagogy, provide each student the opportunity to experience, share, and explore his/her own 'being' in relation with and reaction to self and others. This total learning experience allows for the further development of one's own values, perception and interpersonal style.

COURSE GOALS & OBJECTIVES:

At the conclusion of this course the student will:

1. explain and discuss basic principles and concepts of at least three therapeutic models;
2. develop an interpersonal style that will enable different types of client to achieve their unique developmental needs and goals;
3. apply the skills and concepts learned in a practical sense and share personal experiences related to the same;

COURSE GOALS & OBJECTIVES cont'd

4. demonstrate competency with at least one specific counselling skill or technique derived from any one of the modalities considered;

COURSE REQUIREMENT:

The final course grade will be determined as follows:

1. A Comparative Essay 20%
2. Weekly Journal 30%
3. Specific Skill Demonstration 20%
4. Class Participation and Personal Contrasts 30%

The Comparative Essay requires the comparing and contrasting of Gestalt, NLP and any one of the following therapeutic modalities:

1. Transactional Analysis
2. Rational Emotive Therapy *ELLIS (ALBERT)*
3. Adlerian (Dreikers) Approach
4. Psychoanalysis
5. Learning Theory and Behavior Modification
6. Rogerian Client - Centered Therapy
7. Psychosynthesis
8. Other (subject to instructor's approval)

The essay MUST BE of at least 1500 words (eight pages) in length, typewritten, double spaced, and with 1½ inch margins all around in order to be accepted. All references to other works are to be indicated by listing the author and the date of publication. Examples of this would be as follows ...

"Rogers (1951) states ..." or "It was stated (Rogers, 1951) that ..."
The essay would then be concluded with a bibliography, listing all books used in the preparation of the essay, arranged alphabetically by author's name.

Form: (1) author's name, last name first; (2) title, underlined; (3) the same pieces of publication information, without brackets.

Example: Rogers, Carl. Client-Centered Therapy. Boston: Houghton Mifflin Company, 1951.

The Weekly Journal, in which daily/weekly recordings are made, attempts to record a learning and/or awareness experience that the student has undergone. This is especially valuable for both students and instructor as a means of acknowledging personal/theoretical awarenesses or insights.

- a) To be effective, a learning journal needs to be brief and should not

- a) exceed 300 words.
- b) A learning journal should deal with only ONE specific idea which has developed as result of content/experience within the course.
- c) The Weekly Journal should attempt to answer two questions: What new insights have I learned? What have I learned specifically about Therapeutic Studies for this week?
- d) Subjects which are personally important to the student and perhaps upsetting in some manner are generally better material for journals than some more objective intellectual subject.

It often helps to relate these ideas from the course to experiences from real life.

This Journal is to be submitted in legible handwriting (or typed). During the 15 wk. course, a minimum of ten Journals are required, with a maximum of one journal per week handed in.

During the last two classes, each student will be required to demonstrate a specific counselling skill or technique derived from Gestalt or NLP approach. Students may wish to work in dyads or triads in order to facilitate the demonstration. However, each individual student is required to present a 5 minute introduction and description of the skills he/she will be presenting followed by a 10 - 15 minute demonstration.

Finally each student is expected to involve him/her self in all of the classroom exercises and discussions. Evaluation in this area will be based on personal contracts. At the onset of each class the student will state specific goal(s) or objective(s) he/she wish to attain. Depending on the degree of difficulty and success, the student will award him/her self a personal grade and submit comments regarding their performance at the end of each class.

COURSE GRADING SYSTEM: The grade indications below will apply to the final course mark.

PERCENT

90 - 100
80 - 89
75 - 79
70 - 74
65 - 69
60 - 64
0 - 59

GRADE LETTER

A+
A
B+
B
C+
C
R (Repeat)