

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY  
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: Therapeutic Studies  
Code No.: CCW 227-3  
Program: Child Care & Adolescent Worker  
Semester: 2nd  
Date: January 6  
Author: Ferdinand Wirth

New: \_\_\_\_\_ Revision: ↓

APPROVED:

*Ferdinand Wirth*  
Chairperson

*Dec 18 82*  
Date

Therapeutic Studies  
COURSE NAME

CCW 227-3  
COURSE NUMBER

COURSE DESCRIPTION:

This course will focus upon the major concepts and techniques of two specific, and relatively recent, approaches to counseling and therapy: Gestalt and Neuro Linguistic Programming. These approaches will be explored by briefly introducing specific concepts, via lecturettes, which will be followed up with small group, experiential and skills development exercises. The appropriate emphasis will be 1/4 didactic and 3/4 skill development.

The integration of these two approaches with a third counseling modality (of the student's choice) is provided for through the 'Comparative Essay' requirement.

COURSE GOALS & OBJECTIVES:

The primary goal is to encourage a full and thorough understanding of these two therapeutic modalities. Such an understanding will be facilitated through the development of competency in three areas of functioning:

- I Conceptual.....that the concepts/principles be intellectually understood
- II Experiential.....that students learn to look at their own personal functioning from such perspectives
- III Practical.....that specific skills using these modalities be developed

Hopefully, the perspectives emphasized and the group experiences will provide the stimulus for each student to reflect upon his/her own assumptions and approaches to the helping process.



COURSE TEXTS:

1. Zinker, Joseph, Creative Process in Gestalt Therapy, New York: Random House, 1977.
2. Lewis Bryon, and Frank Pucelik, Magic Demystified, Lake Oswego, Oregon: Metamorphous Press, 1982.

In addition, specific readings will be made available to the students, as may be necessary, for a more complete treatment of the major principles that will be emphasized in the course.

COURSE REQUIREMENTS:

- |                         |     |
|-------------------------|-----|
| 1. A Comparative Essay  | 20% |
| 2. Personal Log Summary | 30% |
| 3. Class Participation  | 30% |
| 4. Two Term Tests       | 20% |

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

1. Transactional Analysis
2. Rational Emotive Therapy
3. Adlerian (Dreikurs) Approach
4. Psychoanalysis
5. Learning Theory & Behaviour Modification
6. Rogerian Client-Centered Therapy
7. Psychosynthesis
8. Other (subject to approval)

The essay MUST BE of at least eight pages in length, typewritten, 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...

"Bettelheim (1943) states..." or "It was stated (Bettelheim, 1943) that..." The essay would then be concluded with an alphabetical listing of such references. It is to be handed in during the last class.

The Personal Log, in which daily/weekly recordings are made, is to be written up in a two-fold manner so as to indicate:

1. Personal/theoretical awarenesses or insights, and
2. Gestalt/NLP interpretations of or applications to particular fieldwork experiences.

This log is to be summarized in legible handwriting (or typed) and submitted no later than March 30, 1984. The summary will be evaluated according to the range, depth, and accuracy of the insights and applications that are discussed.

The mid-term and final tests will each contribute to 10% of the final mark. These tests will not be intensive examinations since the course emphasis is experiential. Instead, the tests will assess each student's familiarity with the major concepts in Gestalt/NLP that are described in the texts (or handouts), which will be discussed in class, and experienced if possible, through specific exercises or experiments.

Finally, each student is expected to involve him/her self in all of the classwork. Since this is a highly experiential course, class participation is strongly encouraged.

COURSE GRADING SYSTEM:

The grade indications below will apply to the final course mark.

| <u>%age</u> | <u>Grade</u> |
|-------------|--------------|
| 90-100      | A+           |
| 80-89       | A            |
| 75-79       | B+           |
| 70-74       | B            |
| 65-69       | C+           |
| 60-64       | C            |
| 0-59        | R (Repeat)   |



COURSE CONTENT:

- I Introduction to Gestalt: Basic Concepts
- II The Experience Cycle. The Contact-Confluence Boundary
- III Gestalt Techniques for Developing Responsibility and Self-Support
- IV Polarities (Hot Seat Work)
- V Gestalt Experiments (Grading)
- VI Working With Resistance
- VII Major Styles of Resistance
- VIII Term Test #1. Introduction to NLP: Representational Systems
- IX Verbal Communication: Meta Model Skills
- X Non-Verbal Communication: Analog Cues
- XI Non-Verbal Communication: Accessing Cues
- XII Pacing, Re-Framing, Anchoring
- XIII Integrating Gestalt & NLP
- XIV Skills Practice Session
- XV Summary & Final Test