# Psychology 460 (Counseling & Interviewing) – Spring, 2008

**Lecture:** Tuesdays and Thursdays 12:30 – 1:45 pm in Sierra Hall 342  
**Office Hours:** Tuesdays & Thursdays 2 – 4 pm  
Sheila K. Grant, Ph.D  
[sheila.grant@csun.edu](mailto:sheila.grant@csun.edu); Office: Sierra Tower 335; Office Phone: 818-677-2983  
Teacher’s Assistant: Linda Borna; Office Hours: Mondays & Wednesday 12:00-1:00 pm; Office: SH304

| Week 1  | Jan 22 | Tuesday | Introduction to Course  
|-----------------|--------|---------|----------------------------------------------------------  
| Overview to the Microskills of Approach to Counseling  
| Reading Assignments (due Thursday)  
| *TPCP* text, Chapter 1  
| *Student Manual*, Chapter 1  
| Complete *Survey of Attitudes and Values*  
| Jan 24 | Thursday | The Counselor as Person and Professional  
| Reading Assignments (due Tuesday)  
| *TPCP* text, Chapter 2  
| *Student Manual*, Chapter 2  
| Week 2  | Jan 29 | Tuesday | Ethical Issues of Counseling  
| Reading Assignments (due Thursday)  
| *TPCP* text, Chapter 3  
| *Student Manual*, Chapter 3  
| Group Task #1 – Your Worldview  
| Jan 31 | Thursday | Video: My Doctor, My Lover (Ethics)  
| Week 3  | Feb 05 | Tuesday | Video: My Doctor, My Lover (Ethics) (continued)  
| Discussion of Video  
| Group Task #2 – Your Values  
| Feb 07 | Thursday | Psychoanalytic Therapy  
| Reading Assignments (due Thursday)  
| *TPCP* text, Chapter 4  
| *Student Manual*, Chapter 4  
| Video Segment: 2. The Therapeutic Relationship.  
| Group Task #3 - Nonverbal Attending  

**THE CONTENTS OF THIS SYLLABUS ARE SUBJECT TO CHANGE**

(If any changes are made, they will be announced in lecture)
Week 4  Feb 12  Tuesday  Adlerian Therapy
Reading Assignments (due Thursday)
TPCP text, Chapter 5
Student Manual, Chapter 5
Video Segment: 3. Establishing Therapeutic Goals.

Feb 14  Thursday  Video (#85893: Order from Media Lib-will automatically show in classroom)
Cognitive Therapy with Couples with Frank Dattilio
Group Task #4 – Empathic Attitude

Week 5  Feb 19  Tuesday  EXAM #1: CHAPTERS 1-5

Feb 21  Thursday  Guest Speaker: Dr. David Gorton, Gestalt Therapy & Training Center
(Remember to take notes: Questions may be on final exam!)

Week 6  Feb 26  Tuesday  Existential Therapy
Reading Assignments (due Thursday)
TPCP text, Chapter 6
Student Manual, Chapter 6
Video Segment # 5: Understanding and Dealing With Resistance.
Group Task #5 – Probes and Paraphrases

Feb 28  Thursday  Person-Centered Therapy
Reading Assignments (due Thursday)
TPCP text, Chapter 7
Student Manual, Chapter 7
Video Segment # 6: Cognitive Focus in Counseling

Week 7  Mar 04  Tuesday  Gestalt Therapy
Reading Assignments (due Thursday)
TPCP text, Chapter 8
Student Manual, Chapter 8
Video Segment # 7 – Emotive Focus in Counseling
Group Task #6 – Reflection and Summarization
Video Segment # 8 - Behavioral Focus in Counseling.

Mar 06  Thursday  EXAM #2  CHAPTERS 6-8

**** THE CONTENTS OF THIS SYLLABUS ARE SUBJECT TO CHANGE ****
(If any changes are made, they will be announced in lecture)
Week 8  Mar 11  Tuesday  
**Behavior Therapy**
Reading Assignments (due Thursday)
*TPCP* text, Chapter 9
*Student Manual*, Chapter 9
Video Segment #9 - An Integrative Perspective
Group Task #7 – Clarification and Confrontation

Mar 13  Thursday  
**Cognitive-Behavior Therapy**
Reading Assignments (due Thursday)
*TPCP* text, Chapter 10
*Student Manual*, Chapter 10
Video Segment #10 - Working with Transference and Countertransference

**March 17-22**  
**SPRING RECESS * SPRING RECESS * SPRING RECESS * **

Week 9  Mar 25  Tuesday  
**Cognitive-Behavior Therapy**
Group Task #8– Self-disclosure and Immediacy

Mar 27  Thursday  
**Guest Speaker: Dr. Edrick Dorian, Los Angeles Police Department (LAPD)**
(Remember to take notes: Questions may be on final exam!)

Mar 31  Monday  
Holiday: Cesar Chavez Day

Week 10  Apr 01  Tuesday  
**Reality Therapy**
Reading Assignments (due Thursday)
*TPCP* text, Chapter 11
*Student Manual*, Chapter 11
Microskills Video

Apr 03  Thursday  
**Feminist Therapy**
Reading Assignments (due Thursday)
*TPCP* text, Chapter 12
*Student Manual*, Chapter 12
Microskills Video

**** THE CONTENTS OF THIS SYLLABUS ARE SUBJECT TO CHANGE ****
(If any changes are made, they will be announced in lecture)
**Week 11**

**Apr 08** Tuesday
Group Task #9-Diversity Issues
Group Task #10-Group Roles
Microskills Video

**Apr 10** Thursday

**EXAM #3**  **CHAPTERS 9-12**

**Week 12**

**Apr 15** Tuesday
**Postmodern Approaches**
Reading Assignments (due Thursday)
TPCP text, Chapter 13
Student Manual, Chapter 13
Video Segment #13 - Evaluation and Termination

**Apr 17** Thursday
**Family Systems Therapy**
Reading Assignments (due Thursday)
TPCP text, Chapter 14
Student Manual, Chapter 14
Group Task #11-Counselor-Client Expectations

**Week 13**

**Apr 22** Tuesday
**Class Presentations**

**Apr 24** Thursday
**Guest Speaker: Dr. Mark Stevens (Counseling Men)**
(Remember to take notes: Questions may be on final exam!)

* PAPERS DUE!!! * PAPERS DUE!!! * PAPERS DUE!!! * PAPERS DUE!!!

**Week 14**

**Apr 29** Tuesday
**Class Presentations**

**May 01** Thursday
**Class Presentations**

**** THE CONTENTS OF THIS SYLLABUS ARE SUBJECT TO CHANGE ****
(If any changes are made, they will be announced in lecture)
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>May 06</td>
<td>Tuesday</td>
<td>Class Presentations</td>
</tr>
<tr>
<td></td>
<td>May 08</td>
<td>Thursday</td>
<td>Class Presentations</td>
</tr>
<tr>
<td>16</td>
<td>May 15</td>
<td>Thursday</td>
<td><strong>FINAL EXAM (CUMMULATIVE) Chapters 1-16</strong> (12:45 pm – 2:45 pm)</td>
</tr>
</tbody>
</table>

**** THE CONTENTS OF THIS SYLLABUS ARE SUBJECT TO CHANGE ****
(If any changes are made, they will be announced in lecture)