

# PERSONALITY THEORIES IN COUNSELING

MHS6400

## **CATALOG DESCRIPTION**

*Prerequisites: permission of instructor*

Personality theory and application of foundational counseling models.

## **TEXT & SUPPLEMENTAL MATERIALS**

Selected Readings (available on Library Reserve)

### **Additional Readings As Assigned**

Hall, Calvin S., Lindzey, Gardner, & Campbell, John B. (1998). Theories of Personality, 4th ed. John Wiley & Sons, Inc.

## **COURSE OBJECTIVES**

At the end of the term, the student should be able:

1. To demonstrate knowledge of the major personality theories and their views of human nature, the development of personality, and maladjustment.
2. To demonstrate knowledge of counseling theories and techniques such as psychoanalytic, Adlerian, existential, person-centered, Gestalt, Jungian, and other related therapies.
3. To demonstrate beginning skills in two or more of the counseling theories studied.
4. To demonstrate awareness regarding multicultural implications in counseling.
5. To understand the role of values in counseling facing beginning counselors and to begin to develop her/his own perspective regarding values and other issues relevant to clients.
6. To demonstrate an attempt at integrating the above counseling approaches into a style that is congruent for the beginning counselor.

Emphasis will be on helping students learn to view or "conceptualize" a given client or problem from the major theoretical perspectives and to select and implement intervention strategies and techniques derived or based upon these points of view.

**Florida DOE Subject Area Competencies: 1.1, 1.2, 1.3, 1.4, 1.6, 1.7, 2.5**

**CONTENT OUTLINE**

<b>DATE</b>	<b>TOPICS &amp; PROJECTS</b>	<b>READINGS</b>
08/25	Introductions, course overview and requirements Theory and its importance Characteristics of an effective counselor.	Chapter 1
09/01	The role of values in counseling Overview of ethical issues in counseling Person-Centered Theory & Technique	Chapter 11
09/08	Person-Centered Theory & Technique (cont'd) Psychoanalytic Theory & Technique	Chapter 2
09/15	Psychoanalytic Theory & Technique (cont'd) Adlerian Theory & Technique	pp. 122 - 139
09/22	Adlerian Theory & Techniques	
09/29	<b>MIDTERM EXAM</b> Jungian Theory and Technique	Chapter 3
10/06	Jungian Theory & Technique (cont'd) Existential Theory & Technique	Corey chapter
10/13	Existential Theory & Technique (cont'dd) Gestalt Theory & Technique	Corey chapter
10/20	Gestalt Theory & Technique (cont'd) Constructivist Theory & Technique	pp. 410 - 433
10/27	Constructivist Theory & Technique (cont'd)	
11/03	<b>VIDEOTAPE &amp; CRITIQUE DUE TODAY</b>  <b>CATCH UP / VIDEO PRESENTATIONS</b>	
	<b>TERM PAPERS DUE TODAY</b>  <b>VIDEO PRESENTATIONS</b>	

11/10		
11/17	<b>VIDEO PRESENTATIONS</b>	
11/24	<b>FINAL EXAM</b> <b>VIDEO PRESENTATIONS</b>	
12/01	<b>VIDEO PRESENTATIONS</b> <b>TERM PAPER PRESENTATIONS</b>	

### **ATTENDANCE POLICY**

Counselor Education students are expected to attend all classes because of the experiential nature of the program. Extraordinary conditions may warrant an absence.

**NOTE:** If you would like your papers returned to you at the end of the term please attach to your paper a large self-addressed manilla envelope with **sufficient postage** affixed.

### **EXPLANATION OF ASSIGNMENTS:**

**READING:** You are encouraged to read the assigned reading before class. It would be beneficial for you to read some of the original sources.

**VIDEOTAPE:** Please purchase your own videotape (1/2" VHS), select a partner from class, and sometime after the mid-term make a 30 minute segment demonstrating your improved counseling skills with application of two or more of the counseling theories and related techniques studied. This video may be done with your class partner or with a real client with written permission to show the video. Transcribe a 15 minute segment, by transcribing portions of clients comments and all of your comments, giving reasons for your comments based on your clinical case conceptualization. Critique your own counseling in this final tape. State your general approach to counseling and give a rationale for your approach at this point in your education.

**TERM PAPER:** This paper should address either:

- (a) two or more personality/counseling theories and related techniques in relation to one client issue or
- (b) one counseling theory and its techniques applied to two or more client problems or issues.

The paper might examine issues such as strengths and limitations of the particular counseling approach, research evidence of the validity of the approach, research of the approach with a particular client problem, different applications to the client issue, a case study approach

demonstrating the feasibility of the approach with a particular client, applications with different types of clients in various settings, multicultural perspectives, etc. Other issues relevant to the theories presented in this course may be discussed with the instructor as topics for the paper.

The paper is expected to be of high academic quality, using different resources including professional journals, books, tapes and other resources and should go well beyond class discussions and the text. The text offers an excellent bibliography related to the different theories. Professional counseling journals offer different perspectives on various problems which clients present.

***Evaluation of the paper will be based on the following criteria:***

1. Focus of the topic and its appropriateness and applicability to counseling
2. Thoroughness and insight into the issues
3. Originality and creativity
4. Use of writing standards, such as appropriate grammar, sentence structure and spelling. (**Be sure to proof-read before submitting.**)

The paper should be of high academic quality and will be evaluated on the basis of quality, research and reflection, not on length. However, please limit the paper to no more than 8 typewritten pages, double spaced. Be prepared to make a brief presentation during the last class.

**Suggestion:** As you develop as a counselor, there is no better way to learn about counseling than to be in counseling for yourself. Everyone has issues and those studying to be counselors may have "blind spots" that could benefit from counseling. The FAU Counseling Center offers free professional, confidential counseling services for all students.

**GRADING:**

***Grades will be based on the following criteria:***

Midterm examination	25%
Final Examination	25%
Videotape	20%
Paper	20%
Attendance and Participation	10%

**Grading Scale:**

A 92 - 100 C+ 75 - 77

A- 90 - 91 C 70 - 74

B+ 85 - 89 C- 68 - 69

B 80 - 84 D+ 65 - 67

B- 78 - 79

**BIBLIOGRAPHY**

Adler, A. (1929/1964). Social interest: A challenge to mankind. NY: Capricorn Books.

Ansbacher, H. L., & Ansbacher, R. (1964). The Individual Psychology of Alfred Adler. NY: Basic Books.

Beck, A. T. & Emery, G. (1985). Anxiety disorders and phobias: A cognitive perspective. NY: Basic Books.

Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). Cognitive Therapy of Depression. NY: Guilford Press.

Cammaert, L. P. & Larsen, C. C. ( ). Feminist frameworks of psychotherapy. .

Claiborn, C. D. & Lichtenberg, J. W. (July 1989). Interactional counseling. Counseling Psychologist, 17, 3.

Conarton, S., & Silverman, L.K. ( ). Feminine development through the life cycle

Corey, G. (January 1991). Invited Commentary on macrostrategies for delivery of mental health counseling services. Journal of Mental Health Counseling 13, 1

Corsini, R. J. (1984). 3rd ed. Current Psychotherapies Itasca, IL: Peacock Publishers.

Frank, J. D. (1974). Persuasion and healing: A comparative study of psychotherapy. NY: Schocken Books.

Ginter, E. J. (January 1988). Stagnation in eclecticism: The need to recommit to a journey. Journal of Mental Health Counseling, 10 1.

Glasser, W. (1965). Reality therapy. NY: Harper & Row.

- Herr, E. L. (January 1991). Challenges to Mental Health Counselors in a dynamic society: Macrostrategies in the profession. Journal of Mental Health Counseling 13, 1
- Hokanson, J. E. (1983). Introduction to the therapeutic process. Reading, MA: Addison-Wesley.
- Kerr, M. E. (1991). Family systems theory and therapy. In A. S. Gurman and D. P. Kniskern (Eds.), Handbook of family therapy, (Vol 1, pp ). NY: Brunner/Mazel.
- Kelly, K. R. (October 1988). Defending eclecticism: The utility of informed choice. Journal of Mental Health Counseling, 10 4.
- Nicoll, W. ( ). Multiple systems counseling: An integration and extension of Adlerian & systems theories.
- O'Leary, K. D. & Wilson, K. D. (1975). Behavior therapy: Application and outcome. Englewood Cliffs, NJ: Prentice-Hall.
- Rimm, D. C. & Masters, J. C. (1979). Behavior therapy: Techniques and empirical findings. NY: Academic Press.
- Simon, G. M. (July 1989). An alternative defense of eclecticism: Responding to Kelly and Ginter. Journal of Mental Health Counseling, 11 3 (pp 280-287).
- Sorokin, P. ( ). Amnesia and New Columbuses
- Weiner, I. B. (1975). Principles of Psychotherapy. NY: Wiley.
- Wells, R. A. (1982). Planned short-term treatment. NY: Free Press.
- Wolpe, J. (1976). Behavior therapy in psychiatric practice: The use of behavioral procedures by psychiatrists. NY: Pergamon Press
- Wolpe, J. (1966). Behavior therapy techniques: A guide to the treatment of neuroses. Oxford, NY: Pergamon Press