



Cedar Crest College *Syllabus*

Title: Systems of Psychotherapy (PSY-316) (3 credits)

Class Meeting Times: Mondays 1:00-3:30 PM

Faculty: Dr. Micah R. Sadigh

(Prerequisite: PSY-100; PSY-351)

Office: Curtis 119

Office Hours: Mondays 11-12 AM; Mondays 4-5 PM; Tuesdays and Thursdays 11-12 AM; Wednesdays 4-5 Or by appointment (610-606-4666, Ext.: 3715).

E-mail: micasa@cedarcrest.edu

Description: This course is about the art and science of psychotherapy. We shall examine some of the key theories of psychotherapy and evaluate their intricacies, contributions, and limitations. Particular attention will be paid to psychodynamic, cognitive, and existential-humanistic theories.

As a part of the course, we shall watch actual psychotherapy sessions conducted by some of the most well-known psychotherapists. Six short papers, a class presentation, a midterm, and a final exam will constitute the grade for the course.

- Goals:
1. Students will gain a comprehensive knowledge of the art and science of psychotherapy
 2. Students will gain knowledge about the philosophical and theoretical foundations of psychotherapy
 3. Students will gain broad understanding of the similarities and differences between some of the key systems of psychotherapy
 4. Students will gain knowledge about the latest findings in research in psychotherapy

Course Objectives:

Upon the completion of the course, students will

1. have a thorough understanding of the key theories of psychotherapy
2. be able to compare and contrast at least two methods of psychotherapy
3. be able to outline the major limitation of the above theories
4. be able to identify some of the recent trends in psychotherapy research

Course Outline, Assigned Readings and Tentative Dates:

Week 1 (8/25)

- What is Psychotherapy?
- A brief historical overview (Chapter 1)

NO CLASS ON 9/1

Weeks 2 (9/8)

- Conditions that promote effective psychotherapy (Chapter 2)
- Can psychotherapy cause harm?

Week 3 (9/15)

- Ethical issues in psychotherapy (Chapter 3)
- Legal issues in the practice of psychotherapy

Week 4 (9/22)

- Before Freud
- Introduction to psychoanalysis and psychoanalytic psychotherapies: Part 1 (Chapter 4)

Week 5 (9/29)

- Psychoanalytic therapies Part 2

Week 6 (10/6)

- First paper due
- The person centered therapy (Chapter 7)

NO CLASS ON 10-13 FALL BREAK

Week 7 (10/20)

- Second paper due
- **Mid Term Exam**
- Introduction to Existentialism and existential therapies (Chapter 6)

Week 8 (10/27)

- Gestalt and experiential psychotherapies (Chapter 8)
- Actualizing therapy

Week 9 (11/3)

- **Third paper due**
- Cognitive therapy (Chapter 10)

Week 10 (Fourth paper due) (11/10)

- Behavioral therapies: Part 1 (Chapter 9)

Week 11 (11/17)

- Cognitive behavioral therapy (Part 2)
- What is stress inoculation?

Week 12 (11/24)

- (Fifth paper due)
- Arnold Lazarus: A multi-modal approach to psychotherapy

Week 13 (12/1)

- Sixth paper due
- Controversial family therapy (Chapter 10). The future of psychotherapy

Week 14 (12-8)

- FINAL EXAM

Textbook:

Corey, G. (2009). *Theory and practice of counseling and psychotherapy*. Belmont, CA: Thomson.

Recommended Book:

Luepnitz, D.A. (2002). *Schopenhauer's porcupines*. New York: Basic books.

Yalom, I.D. (2003). *The gift of therapy: An open letter to a new generation of therapists and their patients*. New York: Harper Perennial.

Additional Reading: Articles and related papers will be provided

Assessment: The objectives of the course will be assessed via the evaluation of six reaction/summary papers, a class presentation, a mid-term exam and a final exam.

Grades: The final grade for the course will be calculated based on the following percentages:

Papers: 30%

Class presentation: 20%

Midterm Exam: 25%

Final Exam: 25%

Instructions for Papers: Write a brief paper about the actual, taped psychotherapy sessions presented in class. Your papers should consist of three parts. In part one, briefly describe the main premises of the theory discussed in class. In part two, describe the actual case presentation as seen on tape. In part three, include your reaction to the case presentation.

Instruction for Presentations: Read a paper and/or an article on a specific approach to psychotherapy and present it to the class. You may choose segments of certain chapters that are of interest to you. The length of your presentation should not be more than 15 minutes.

Honor Code: Students are expected to abide by the Cedar Crest College Honor Code. Acts of misconduct (e.g., cheating during an examination, copying material on your homework, or allowing someone to use your homework) will not be tolerated. Infringements will be handled according to college policy.

Special Accommodations: If you require assistance due to a disability, I will be more than happy to help you in any way possible to meet your needs. Please see me after class.

Code of Respect: You are encouraged to share your thoughts, reflections, ideas, and informed opinions. Such sharing will help all of us grow. However, I ask you to take care not to impose your views on others and/or make remarks that may be injurious to others. You can expect unconditional respect from me and I ask you to do the same for your fellow students.

Classroom Protocol: All Cedar Crest College students are expected to be familiar with and fully supportive of the college's policy regarding the honor code and academic integrity. See the Student Guide for more information regarding the enforcement of these policies. Appropriate classroom behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.

Plagiarism: If plagiarism is suspected, I am bound to follow academic regulations. Plagiarism is the act of presenting the ideas, words or other intellectual property of another as one's own. The use of other people's work must be properly acknowledged and referenced in all written material. The use of material without acknowledgement is an offense.

Cheating: Bear in mind that allowing another to copy one's work is an academic offense just as is copying from someone. Furthermore, submitting the same paper for two courses without arrangement is also an academic offense.

Extra Credit Opportunities: You may earn up-to two points (per talk) by attending any of the Health and Wellness Lecture Series at Cedar Crest College and by submitting a brief synopsis of the lecture. For the purpose of an extra credit project, you are limited to two talks for this class. Each synopsis is due a week after the lecture. Your paper should include the name of the presenter, the date and title of the talk and some of its highlights. Please do not turn in an outline of the lecture.

Grades:

A	93.0-100%	C	73.0-76.6%
A-	90.0-92.9%	C-	70.0-72.9%
B+	86.7-89.9%	D+	67.0-69.9%
B	83.4-86.6%	D	60-66.9%
B-	80.0-83.3%	F	below 60%
C+	76.7-79.9%		

ATTENDANCE POLICY

The Psychology Department is committed to the principle that regular and punctual class attendance is essential to the students' optimum learning and successful academic achievement. Regular class attendance is a student obligation, and students are responsible for all the work, tests and written assignments. Therefore, students are expected to be present for all class sessions.

Attendance Policy: Formal attendance will be taken during all class sessions, and this course will adhere to the Psychology Department Attendance Policy. This class meets once a week. You may miss 2 classes without penalty. If you miss 3 classes, your grade will be lowered by one full letter grade. If you miss 4 classes, you will receive a failing grade for the course. There are no exceptions.

UNNECESSARY CONVERSATIONS

Unnecessary conversations during the lectures will be distracting to your fellow students as well as your professor. Those who engage in such conversations will be dismissed from class.

THE CLASS PRESENTATION SCHEDULE

DATE: 9/22

PRESENTER 1:

PRESENTER 2:

DATE: 9/29

PRESENTER 1:

PRESENTER 2:

PRESENTER 3:

DATE: 10-6

PRESENTER 1:

PRESENTER 2:

DATE: 10-20 (Midterm Exam)

PRESENTER 1:

PRESENTER 2:

PRESENTER 3:

DATE: 10-27

PRESENTER 1:

PRESENTER 2:

PRESENTER 3:

DATE: 11-3

PRESENTER 1:

PRESENTER 2:

PRESENTER 3:

DATE: 11-10

PRESENTER 1:

PRESENTER 2:

PRESENTER 3:

DATE: 11-17

PRESENTER 1:

PRESENTER 2:

PRESENTER 3:

DATE: 11-24

PRESENTER 1:

PRESENTER 2:

PRESENTER 3:

DATE: 12-01

PRESENTER 1: (RESERVED)

PRESENTER 2: (RESERVED)

PRESENTER 3: (RESERVED)