

## **CPSY 218: Foundations of Personality and Psychotherapy**

Santa Clara University  
Department of Counseling Psychology  
Winter 2015  
Mondays, 1:00 – 4:00 pm  
Loyola 131

**Instructor: Cary M. Watson, Ph.D.**  
Email: [cwatson1@scu.edu](mailto:cwatson1@scu.edu)

**Office Hours: Tues. 2:00 – 5:00 pm**  
or by appointment

### **Course Description:**

Foundations of Personality and Psychotherapy is a core course in the counseling psychology program. Its intent is to provide students a broad sweep of major concepts and theories in the field as well as to provide depth of coverage of most major orientations in psychotherapy. Counseling approaches will be examined from historical and theoretical perspectives, with a strong emphasis on therapeutic process and practical applications. The course will attempt to compare and contrast the major orientations of counseling (Psychodynamic, Analytic, Client-Centered, Object Relations, Cognitive-Behavioral, Gestalt, etc.) and to evaluate these from a clinical perspective. Through such critical exposure to the range of therapeutic approaches, students will be encouraged to begin to formulate their own unique approach to the counseling process.

Upon completion of this course, students will:

- be familiar with the major theoretical approaches to counseling and their practical applications;
- be able to evaluate contemporary counseling theories from a clinical perspective
- be able to articulate their own developing orientations to clinical work, in terms of how a given approach can be integrated with their personal values

### **Course Requirements:**

While class sessions will include some lecture to clarify and supplement reading material, there will also be a strong focus on group discussion and evaluation of assigned readings. Students are expected to be fully prepared before coming to class. Students are strongly encouraged to ask questions regarding course material and to contribute ideas to class discussions! Obviously, participation is contingent upon attendance. Therefore, it is highly recommended that students make every effort to be present at each class. (In fact, departmental policy only allows you to miss one class.) Attendance will be taken at each class session. Components of the participation grade include, but are not limited to, the following: coming to class regularly, coming to class on time and staying for the duration, paying attention in class, being an active participant in small group discussions, contributing to general class discussions, and asking questions in class.

Written assignments will include 1) weekly reflections (2-3 pp.) covering the week's reading assignment, and 2) a final paper on your own developing psychotherapeutic orientation. There will also be a midterm and a final exam. Details on all assignments below.

## Grading Criteria:

Your course grade will be calculated as follows:

10%.....Class Participation—Instructor’s appraisal of student’s level of involvement in class discussions.

20%.....Weekly Reflections—Each week you will produce approx. 2-3 pages, covering the week’s reading assignment. Each assignment will be worth 10 points (total 80 points). In your paper, you will reflect on the theory/theories covered, and integrate what you’ve learned with your own experience or observations by analyzing a specific behavior or event in terms of that given theory. These are not to be “opinion” papers (e.g. “I agree/disagree with this...”), they should reflect on how well the current theory fits with what you’ve observed in your own or others’ experiences. They will also serve to prepare you for the class discussion on the assigned theory.

25%.....Midterm—Sharf Chapters 1-4 and all supplemental reading for Weeks 1-5

25%.....Final Exam—Sharf Chapters 5-7, 9, 10, 12, 13 and all supplemental reading for Weeks 5-9

20%.....Final Paper—Due Week 10. Present in 6-8 typed double-spaced pages your own developing theoretical orientation. You should include: 1) a theoretical overview of the psychotherapeutic system(s) you draw from; 2) a critical evaluation of the system(s) from both theoretical and practical standpoints; and 3) a discussion of how the system(s) are consonant with your own values and perspectives on counseling.

## Required Text:

Sharf, R.S. (2012). *Theories of Psychotherapy and Counseling* (5<sup>th</sup> ed.) Brooks-Cole/Cengage.  
Supplemental readings available on Camino

*“We can comprehend only the world that we ourselves have made.” (Nietzsche)*

## Course Outline

<i>January 5</i> Week 1	Introduction to Course	Sharf, Ch. 1 (optional)
<i>January 12</i> Week 2	Freud & Psychoanalysis * <b>Reflection due</b>	Sharf, Ch. 2 Freud, "Mourning & Melancholia" Yalom, Forward to Breuer & Freud, <i>Studies on Hysteria</i> (pp.ix-xv)
<i>January 19</i> Week 3	Psychoanalytic Therapy: Ego, Object Relations & Self Psych * <b>Reflection due</b>	Shedler (2010) article Horner, book chapters Mahler, "Psych Birth of Indiv" G&M, "Object Relations & Psychoanalytic Models"
<i>January 26</i> Week 4	Jungian (Analytical) Therapy * <b>Reflection due</b>	Sharf, Ch. 3 excerpts from "Basic Writings of C.G. Jung"
<i>February 2</i> Week 5	Adlerian Therapy * <b>Reflection due</b>	Sharf, Ch. 4 Adler, book chapters
<i>February 9</i> Week 6	<b>MIDTERM EXAM</b> (Sharf Ch. 1-4) Existential & Gestalt Therapy * <b>Reflection due</b>	Sharf, Ch. 5 & 7
<i>February 16</i> Week 7	Person-Centered Therapy (Rogers) * <b>Reflection due</b>	Sharf, Ch. 6 Rogers, "The Interpersonal Relationship"
<i>February 23</i> Week 8	REBT (Ellis) & Cognitive Therapy (Beck) * <b>Reflection due</b>	Sharf, Ch. 9 & 10
<i>March 2</i> Week 9	Feminist & Narrative Therapy * <b>Reflection due</b>	Sharf, Ch. 12, pp. 466-480 Sharf, Ch. 13 Stone Center, book chapters
<i>March 9</i> Week 10	Comparison, Critique & Integration ** <b>PAPER DUE</b> **	Sharf, Ch. 17
<i>March 16</i> Week 11	<b>FINAL EXAM</b> (Sharf Ch. 5-7, 9, 10, 12, 13)	