

A. Examinations

Quizzes 30 points

Quizzes consist of the chapter quizzes from the Corey textbook. You are expected to complete each quiz as you finish reading a chapter. The quiz on the reading is due on Monday the week after the reading is assigned by class time (5:00 p.m. Central Time). The system will lock quizzes at that time, which means that incomplete quizzes will be submitted automatically. Because you have at least a week to complete each quiz, **I will not re-open quizzes after the due date has passed.**

The quizzes are open-book. You are allowed two untimed attempts, and I will take the higher of the two scores. This system is designed to reward timely reading and revisiting the material.

Due Date: Weekly each Monday as assigned

Final Exam 20 points

The final examination consists of material from across the course, including assigned readings, lectures, practice exercises, and case applications. It will be timed and administered via Canvas.

Due Date: Monday, April 27, 2020

These assignments assess CACREP standards II.G.5.d; CMH: III.A5, E3, F3, and SCH: III.C1, I5.

B. Journal 15 points

Throughout this course, you are to keep a weekly journal. Once a week, you are to document your experiences as they pertain to this class. Describe the material you are reading that week, your conceptualization of the theory or theories being studied, the portions of the theory that make sense to you, the parts you wonder about, and your perceived congruence and dissonance with the theory or theories based on your observations, life experience, and interactions with your classmates. Each journal entry should be at least half a typed page. Entries will be submitted through Canvas each week and will be due by class time (5:00 p.m. Central Time).

Due Date: Weekly each Monday as assigned

This assignment assesses CACREP standards II.G.5.d; CMH: III.A5, E3, and SCH: III.C1, I5.

C. Major Theory Paper 25 points

Choose two of the following major theories to explore in depth:

Psychoanalytic (Freud)	Psychodynamic (Jung)	Eriksonian (Erikson)
Object Relations (Mahler)	Adlerian (Adler)	Existential (Frankl/May/Yalom)
Person-Centered (C. Rogers)	Gestalt (Perls/Perls)	Behavioral (Skinner)
REBT (Ellis)	Cognitive (A. Beck)	CBM (Meichenbaum)
Multimodal (Lazarus)		
Reality (Glasser/Wubbolding)		Feminist (Baker Miller/Brown/Enns/Espín/Walker)
DBT (Linehan)		Narrative (White/Epstein)
Solution-Focused (de Shazer/Kim Berg)		Solution-Oriented (O'Hanlon)
Transactional Analysis (Berne)		Multigenerational Family (Bowen)
Satirian Family (Satir)		Symbolic-Experiential (Whitaker)
Structural Family (Minuchin)		Strategic Family (Haley)

For *each theory* of interest, use at least two original sources (e.g., articles written by the theory's creator(s) published in professional, peer-reviewed journals or books written by the theory's creator(s)). There should be at least two original sources for the first theory and at least two original sources for the second theory. You must have at least **five** total references and may have more. The Corey text or a source other than the theorist may **ONLY** be used as a fifth reference in the biographical and multicultural sections, since the earlier theorists often do not explicitly address these points.

For each theory please describe the following:

- Theorist's biography and influences (What about the theorist's life and characteristics might have led her/him to create her/his theory?)
- Beliefs about human nature
- Why people have problems
- Role of the counselor
- Role of the client
- Therapeutic goals
- Multicultural considerations

For the third major section on the paper, please compare and contrast the two theories you have chosen. This should be your analysis, not a report of someone else's. This section should cover:

- Similarities and differences between the theories (compare/contrast)
- Personal reaction to each

Each paper should look like this:

Title of Paper

Introduction

Introductory text for the entire paper goes here.

Theory I

Theorist's Biography and Influences

Witty and insightful text goes here.

Beliefs about Human Nature

Etc.

Why People Have Problems

Etc.

Role of the Counselor

Etc.

Role of the Client

Etc.

Therapeutic Goals

Etc.

Multicultural Considerations

Etc.

Theory II

Theorist's Biography and Influences

Ditto with the other headings covered for Theory I

Comparison and Reaction

Similarities and Differences

Etc.

Personal Reaction

Etc.

Conclusion

Concluding text for the entire paper goes here.

To receive full credit, the paper must be written and formatted in correct APA 6 style. This includes font, margins, spacing, capitalization, indentation, page numbers, headers, citations, references, and properly removing the extra space between paragraphs inserted by Microsoft Word and other programs. Please refer to the APA 6 manual for details and examples. Papers should consist of at least eight full pages of content, which does not include title, abstract, or reference pages. Papers may contain more than eight full pages of content.

Please note that this paper covers two major theories, not schools of thought. Cognitive behavioral therapy, for instance, is a school of thought. Cognitive therapy, cognitive behavioral modification, and rational emotive behavior therapy are theories within that school of thought.

Sources for this paper should consist of books or articles by the founder(s) of the theory. All sources should be **text**, not webpages, audio, or video. Videos and other textbooks may not be used as sources. In other words, if you are writing a paper on Rogers, everything but the Biography and Multicultural Considerations ***MUST*** come from something written by Rogers himself that you have actually read. The Biography and Multicultural Considerations may come from Corey or another source.

Please upload a copy of each of your sources along with your paper to Canvas before class time on the due date. Articles should be copies of the actual articles, not links. For books used as original sources, please upload a scanned copy of the cover and copyright pages. For e-books, include screenshots of the cover and copyright pages. Please note that readings or other material assigned in class count as part of the textbook, whether they come from Corey or not. You do not need to upload a copy of Corey.

Finally, please remember that this is primarily a research paper. In the counseling profession, research papers follow APA 6 format. The APA manual contains detailed information for proper formatting, so please read it carefully. In the two theory sections, virtually every sentence should have a supporting citation. Paraphrases and summarizations, rather than direct quotes, should be the norm. The manual includes sample papers beginning on page 40.

Due Date: Monday, April 6, 2020

This assignment assesses CACREP standards II.G.5.d; CMH: III.A5, E3, F3, and SCH: III.C1, I5.