Course Description
This course is an introduction to counseling in Urban/Multicultural Context. It is designed to equip students to develop the basic skills necessary for effective counseling and theory of psychotherapies within a multi-ethnic urban context. (Cf. M.A. in Counseling)

Course goal
The goal of this class is to appraise each of the current major psychotherapy theories, balance a practical approach to counseling, focus on a comprehensive Christian approach which takes seriously helping in two angles: counseling (problem-oriented) and psychotherapy (person-oriented).

Course objective
Upon the completion of this semester, students who faithfully attend to the requirements of the class will be able to:
1. Do the assigned exercises to develop a basic understanding of their own abilities.
2. Interact with their classmate to develop their counseling skills and learned methods.
3. Able to integrate psychotherapy toward a comprehensive Christian approach.
4. Develop a basic understanding of classic and contemporary topics of theories of personality.
5. Develop a method and value that should drive the relationship between the counselor and the protégé in the helping process.

Course Correlation
The class structures its lectures and activities toward equipping its students to be Christ like in their practice of counseling. It will embark the students into a cognitive understanding and clarification of what is read and heard in the context of the classroom. With the understanding that the city is the locus of God’s redemptive grace, the instructor will encourage cognitive and behavioral clarity, develop competence and mastery of both psychotherapy and biblical wisdom in order to inform both the student’s professional and personal integrity. Consequently, through therapeutic dyad experiences, students will participate in a classroom exercise where he/she will demonstrate his/her understanding of the helping process and the integrative and comprehensive Christian approach.

Course Textbooks
Class requirements

1. Practice exercises - To develop an adequate understanding of counseling, students must complete every exercise in the assigned chapters of the manual by Egan. These completed chapter by chapter exercises must be turned in prior to each class session for grading purposes. Late work will not be accepted.

2. Write a Reflection Paper – compare and contrast Wedding’s Current Psychotherapies with Butman’s Modern Psychotherapies. The reflection papers must not exceed 1 page. Each paper should reflect one of the major psychological views. It will begin with a summary presentation of the psychotherapy model; include a description of an elaboration of the model’s approach to counseling; and lastly discuss briefly how this model can be integrated into our Christian faith into that helping process given to the student contextual background. This reflection paper is due every class session - Follow APA guidelines format: Typed, double space, and have a 12 font. Late work will not be accepted.

3. Student must write a bibliographical essay of June Hunt’s “Counseling through the Bible Handbook” and any additional material that you read for this class. This bibliographical essay must accomplish the following goals: explain the significance of the topic for you the reader; identify and discuss the most important perspectives about the topic and discuss their individual merits. (Not to exceed 1 page for each book or resource). Due a week from the last day of class. Late work will not be accepted.

4. Reading Log - the reading log is a tally of material read for this class. Due a week from the last day of class. Late work will not be accepted.

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Grading Scale:
1. Practice exercises from Egan = 3 points x 11 = 33%
2. Reflection papers = 4 points x 11 = 44%
3. Annotated bibliography = 13%
4. Reading log = 10%

Course Outline

Week One- 09/14
- Class Syllabus
- Introduction to Helping (textbook and manual), Egan chapter 1
- An introduction by Wedding and Corsini, chapter 1
- Introduction- Jones and Butman chapters 1-2

Week two- 09/21- home work due from now on
- Overview of the Helping Model, Egan chapter 2
- Psychoanalysis, Wedding and Corsini, chapter 2
- Classic Psychoanalysis, Jones and Butman chapter 3
Week three- 9/28
- The Helping relationship: Values in Action, Egan chapter 3
- Adlerian Psychotherapy, Wedding and Corsini, chapter 3
- Adlerian and Reality therapies, Jones and Butman chapter 9

Week four- 10/05
- Communication: the skills of turning in and actively listening to clients, Egan chapter 4
- Analytical Psychotherapy, Wedding and Corsini, chapter 4
- Jungian Therapy, Jones and Butman chapter 5

Week five -10/12- Reading Week

Week six- 10/19
- Communicating empathy: working hard at understanding client, Egan chapter 5
- Client-Centered Therapy, Wedding and Corsini, chapter 5
- Person-Centered Therapy, Jones and Butman chapter 10

Week seven -10/26
- The art of probing and summarizing, Egan chapter 6
- Rational-Emotive Behavior Therapy, Wedding and Corsini, chapter 6
- Rational-Emotive Behavior, Jones and Butman chapter 7

Week eight – 11/02
- Helping clients challenge themselves, Egan chapter 7
- Behavior therapy, Wedding and Corsini, chapter 7
- Behavior Therapy, Jones and Butman chapter 6

Week ten- 11/09-Reading Week

Week nine – 11/16
- Challenging skills and the wisdom to use them well, Egan chapter 8
- Cognitive therapy, Wedding and Corsini, chapter 8
- Cognitive-Behavior Therapy, Jones and Butman chapter 8

Week eleven – 11/25- Happy Thanksgiving

Week twelve- 11/30
- Helping difficult clients move forward: reluctance, resistance, and resilience, Egan chapter 9
- Existential psychotherapy, Wedding and Corsini, chapter 9
- Existential therapy, Jones and Butman chapter 11

Week thirteen -12/07
- Help clients tell their story, Egan chapter 10
- Gestalt therapy, Wedding and Corsini, chapter 10
- Gestalt Therapy, Jones and Butman chapter 12
Week fourteen -12/14
• Help client sets viable goals, Egan chapter 12
• Family therapy, Wedding and Corsini, chapter 12
• Family therapy, Jones and Butman chapter 14

Week fifteen -12/21
• Help clients design strategies and plans to accomplish their goals, Egan chapter 13
• Multimodal therapy, Wedding and Corsini, chapter 11
• Responsible Eclecticism, Jones and Butman chapter 15

Bibliography