

## **Contemporary Approaches in Counseling & Psychotherapy PSYC9408**

**Ph.D. Seminar**

**Fall Semester 2006-07**

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### **I. Mission Statement**

The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.

### **II. Seminar Description and Core Value**

This seminar is an intensive examination of the contemporary approaches to therapy. Students must demonstrate conceptual and execution skills in several models of therapy: Cognitive-Behavioral, Brief and Solution-Focused, Structural and Strategic, Narrative, and others determined by the professor. Throughout this course students will be encouraged to consider how the core value of “mission focus” impacts their work with individuals suffering with mental disorders. With an emphasis on the core value of missions focus, students will be challenged to see how both personally and in the corporate life of the church body, they can have a part in changing the world through participating in the helping effort. This course will specifically address the competencies of interpersonal skills, servant leadership, and spiritual/character formation.

### **III. Major Objectives**

By the end of the study, the student will

- A. be able to demonstrate knowledge and understanding of
  1. a broad variety of major contemporary approaches to marriage and family therapy that are grounded in biblical principles and have been shown to have empirical efficacy.
  2. outcome research regarding contemporary approaches to therapy
  3. the issues involved in using an integrative approach
  4. empirical research regarding how people change
- B. increase skills related to premarital and marital counseling by
  1. articulating a personal model of therapy, drawing from existing models of therapy.
  2. focusing on a model of therapy for the semester and examining the assumptions strengths, weaknesses, specific interventions, and biblical foundations of that model, and seeking to practice that model, demonstrated through a video or role play presentation of the model.
  3. completing an empirical research project involving data collecting, analysis of those data, and a written research summary (APA Style).
- C. increase their personal ability to
  1. pursue an ongoing integration of biblical concepts of the healthy family into their personal framework for conducting marriage and family therapy.
  2. recognize and implement an ethically sensitive approach to using a “mission focus” in working with individuals suffering from mental disorders.

#### IV. Required Texts

- Hubble, Duncan & Miller. *The Heart & Soul of Change: What Works in Therapy*. American Psychological Association.
- Breunlin, Schwartz, & MacKune-Karrer. *Metaframeworks: Transcending the Models of Family Therapy*. Jossey-Bass Inc.
- Duncan & Miller. *The Heroic Client: A Revolutionary Way to Improve Effectiveness Through Client Directed Outcome Informed Therapy*.
- Weeks, et. al. *Handbook of Family Therapy: The Science & Practice of Working with Families and Couples*. Brunner/Mazel Publishers.
- Atkinson, Brent J. *Emotional Intelligence in Couples Therapy: Advances from Neurobiology and the Science of Intimate Relationships*. Norton
- Johnson, Susan M. *The Practice of Emotionally Focused Marital Therapy Creating Connection (2<sup>nd</sup> Edition)*. Routledge.

#### Optional Texts:

Texts specific to contemporary therapy models.

#### VI. Course Methodologies and Requirements

1. Students are responsible to complete all assignments according to the syllabus and department guidelines.
2. Each student is required to read and study each textbook and to be prepared to discuss content in detail as per schedule.
3. Each student will be prepared for each seminar meeting to discuss thoroughly the book assigned for the week. Each student will select one book to present to the class and highlight the primary points, and lead the class in a discussion. **25%**  
Students will be graded on class preparation and active participation in seminar discussions. According to the Ph.D. manual, "Students enrolled in seminars are expected to attend every meeting of the seminar and to be prepared for participation in the discussion." Unnecessary absences and lack of preparation will severely impact the final grade.
4. Each student will select a contemporary approach to marriage and family therapy to study more in depth and present to the class for an overview. A video of the practice of the therapy model, or a role play would be excellent. The presentation should include a handout including the assumptions, strengths, weaknesses, at least 3 major interventions of the therapy, as well as the biblical foundations underlying the therapy. **25%**
5. Research Project and Research Summary (Journal Article Format). Complete an empirical research project involving data collecting, analysis of those data, and a written research summary (APA Style).  
This research project can pertain to an interest the student has concerning future dissertation subjects, or an area of interest in your counseling practice. Each student must utilize a sample population of at least 30 individuals. While a clinical population is desired, a convenience sample will be acceptable. Research summaries are to be submitted in a format that would allow for possible journal submission.

**Students should carefully follow APA standards in completing the journal article.**

**See departmental guidelines for details. Remember, your results are only as good as your statistics. Students will be required to submit their data sets along with their paper. Great care should be taken in entering your data into SPSS and errors in entry could result in a failing grade for your work. Therefore, students are**

**encouraged to consult with Dr. Bill Day before submitting their final work. 25%**

6. Each student will take a final comprehensive examination on the readings and seminar discussions. Exam will not only cover material discussed in the seminar but all the reading from the required textbooks. The final will include a section in which the student will articulate their personal model of therapy. **25%**

**General Seminar Schedule:**

<b>August 22</b>	<b>Seminar Overview and Discussion of Research Project Introduction</b>
<b>August 29</b>	<b>The Heart &amp; Soul of Change</b>
<b>September 5</b>	<b>The Heroic Client: A Revolutionary Way to Improve Effectiveness Through Client-Directed Outcome Informed Therapy</b>
<b>September 12</b>	<b>Metaframeworks: Transcending the Models of Family Therapy</b>
<b>September 19</b>	<b>The Handbook of Family Therapy: The Science &amp; Practice of Of Working with Families and Couples</b>
<b>September 26</b>	<b>The Practice of Emotionally Focused Marital Therapy Creating Connection</b>
<b>October 3</b>	<b>Emotional Intelligence in Couples Therapy: Advances from Neurobiology and the Science of Intimate Relationships</b>
<b>October 10</b>	<b>Synthesis</b>
<b>October 17</b>	<b>Fall Break</b>
<b>October 24</b>	<b>Therapy Presentations</b>
<b>October 31</b>	<b>Therapy Presentations</b>
<b>November 7</b>	<b>Therapy Presentations</b>
<b>November 14</b>	<b>Research Project Presentations</b>
<b>November 21</b>	<b>Thanksgiving</b>
<b>November 28</b>	<b>Research Project Presentations</b>
<b>December 5</b>	<b>Research Project Presentations</b>