CPSY 740 Syllabus for Counseling Skills

Topics

8/20
I. Introductions
   A. Milling – choosing groups
   B. Processing and getting to know groups

8/27
I. Baseline taping
   A. Role plays/ Experiential exercises
   B. Processing

9/10
I. Healing traditions and science as the twin pillars of psychotherapy
   A. Common factors in healing traditions
      1. Anthropological studies of shamanism across cultures
      2. Healing and helping traditions in the major world religions
      3. Characteristics of the healers and healing rituals
   B. Change processes research: the scientific basis of psychotherapy
      1. Interpersonal processes of change and common factors
      2. Psychophysiological bases of self-healing

II. Review of first taping
   A. How to give feedback
   B. Review of tapes

9/17
I. Creating a healing environment for psychotherapy
   A. Characteristics of healing environments in primal cultures
      1. Location: A place apart
      2. Organic architecture
      3. Interior objects and symbols
      4. Use of the senses: light, color, sound, aroma, texture
   B. Examples of healing environments
      1. Calming and meditational: The Zen tea garden
      2. Nurturing: the Aesculapian hospital
      3. Transformative: The Native American sweatlodge
   C. Research in therapeutic aspects of environment
      1. Design of healthcare environments
      2. Seating arrangements and personal space
      3. Effects of lighting, sound, and aromatic variables
      4. Studies of counseling environments
   D. Creating your counseling environment
      1. Making a new space
      2. Working with an existing space
      3. Fluorescent lights and hard chairs: Making the best of a bad situation

II. Set up of room environment and roleplay
Preparing to help
A. How primal and pastoral healers prepare for helping
   1. Purification rituals
   2. Meditation, prayer, and centering
   3. Dress and ornamentation
   4. Focusing community interest and support
B. Research on counselor preparation
   1. How counselors get ready for sessions
   2. Relaxation and anxiety reduction
   3. Effects of counselor attire
   4. Studies of reputational set
C. Preparing yourself for helping
   1. Beginning the day
   2. Dressing for counseling
   3. Gathering information about the case
   4. Establishing reputation

Beginnings: The interpersonal environment of helping
A. How primal healers begin the helping process.
   1. First contact
   2. Purification and call for balance, harmony
   3. Statement of purpose and invocation
   4. Commitment of healer, patient, community
B. Research on structuring and beginning counseling
   1. Creating the influence base through introductions
   2. Effects of structuring and goal-setting
   3. Establishing the therapeutic alliance
C. Beginning the counseling relationship
   1. Building trust, attraction, and expertise in your introduction
   2. Creating your own beginning ritual
   3. Structuring for confidence and commitment
   4. Defining the relationship: ethics and boundaries

Listening and responding in the first stage of counseling
A. Spiritual and religious approaches to listening
   1. The listening mind
   2. The I-thou relationship
   3. The uses of silence
   4. Hearing confession
B. Research on attending behaviors and empathy
   1. Attending behaviors
      a. Why verbal following is the single most important technique
      b. How open-ended questions work to open worldview
      c. Effects of silence
   2. Empathic behaviors
a. How reflection works
b. Levels of empathy

10/15 How to listen and respond in the first stage
   1. How to be quiet
   2. Verbal following
      a. Following the last phrase
      b. Following emotive words
      c. Following using linguistic cues
   3. Identifying and using open-ended questions
   4. How to reflect
      a. reflecting feeling as a part of listening
      b. reflecting as influence
   5. Attending to language and culture

10/22 Naming the demon: Assessment and diagnosis in the second stage

A. Diagnosis in primal cultures
   1. Soul loss
   2. Possession
   3. Taboo breaking
   4. Object intrusion
   5. Witchcraft

B. Assessment and diagnosis in contemporary psychotherapy
   1. Contemporary parallels of psychological disorders in primal cultures
   2. The Diagnostic and Statistical Manual: history and current use
   3. The use of tests
      a. personality tests, objective and projective
      b. tests of particular disorders (depression, eating disorders, etc.)
      c. the use of vocational inventories in psychotherapy

10/29. Interpretation and influence in the second stage of counseling
A. How primal and pastoral healers use interpretation
   1. Consciousness-altering methods to prepare for interpretation
      a. how shamanistic healers induce trance states
      b. how reduced and heightened arousal is used
   2. Interpretation, insight, and catharsis in healing rituals
      a. how the healer uses social power to deliver interpretations
      b. the moment of insight
      c. emotional release and the power of catharsis

B. The science of interpretation and influence
   1. A scientific model of interpretation
      a. definition
      b. how interpretation is used in major theoretical approaches
      c. how interpretation works
d. semantic and propositional interpretations

2. Effects of client variables
3. Effects of therapist social power
4. What makes interpretations effective

11/5 How to use interpretation for insight and transformation of beliefs
1. Preparing for the interpretive phase
2. Raising or reducing the arousal threshold
   a. use of deep breathing to reduce arousal
   b. use of here and now and encounter techniques to raise arousal
   c. use of visualization for reduction or raising of arousal
   d. abreaction
3. Making interpretations
   a. timing
   b. linguistic elements
   c. content
   d. tone
4. What to do about resistance and opposition
5. Use of tests in interpretation
6. How to know when interpretation has been successful

11/12, I. Prescription and direction in the third stage of counseling
A. Healing rituals of spiritual and religious traditions
   1. Confession and expiation for broken taboo
   2. Removal of offending objects
   3. Exorcism of evil spirits
   4. Counterspells
   5. Soul retrieval
B. Strategies for behavior change
   1. Parallels of healing rituals in psychotherapy
   2. Change strategies in major theoretical approaches
      a. effects of talking therapies
      b. effects of behavioral strategies
      c. uses of homework
C. How to help clients change
   1. Reaffirming your power base
   2. Creating healing procedures based on change strategies
      a. helping clients to “talk through” and reframe as a means of change
      b. helping clients remove offending behaviors, thoughts, and feelings
      c. helping clients learn new behaviors
      d. helping clients find meaning and purpose
   3. Using homework and “home rituals” for healing and change
11/19 Endings: Affirmation of healing, balance, and closure.

A. How primal and pastoral healers end healing rituals
   1. Confirmation of healing
   2. Affirmation of restoration of balance
   3. Benediction and blessing

B. Research on effective termination
   1. Length of therapy
   2. Preparation and structuring of termination
   3. Achieving closure

C. How to end psychotherapy
   1. Judging when to end therapy
   2. Preparing the client for the ending
   3. Things to do in the last session
      a. confirmation of healing
      b. affirmation of how new behaviors fit in client’s world
      c. seeking feedback from the client
      d. normalizing the relationship
   4. Creating your own ending rituals for closure

11/26

12/3 Last taping

12/10 Final meeting