

## Course Syllabus

Systems of Psychotherapy Psychology 393

Meeting Time: Tuesday and Friday, 10:55-12:15.

Place: Art History 200, Douglass Campus

Instructor: Professor Robert Woolfolk, Ph.D.

Email: [rwool@rci.rutgers.edu](mailto:rwool@rci.rutgers.edu)

Office location: Livingston Campus, Tillett Hall 311 Office Hours Tues 1:55-3.

Text: Prochaska and Norcross, Systems of Psychotherapy 7<sup>th</sup> edition. Used books are available. The 6<sup>th</sup> edition is NOT recommended, but some students have been successful using it.

9/02 Introduction to the Field

9/06 Theoretical and Practical Frameworks

Prochaska & Norcross Ch. 1

9/09 Psychoanalytic Therapy  
Ch. 2

Prochaska & Norcross

9/13 Psychodynamic Therapy

Prochaska & Norcross Ch. 3

9/16 Psychotherapy Research

9/20 Psychotherapy Research

9/23 Psychological Assessment

9/27 EXAM

9/30 Rosh Hashanah--NO CLASS

10/04 Client-Centered Therapy

Pochaska & Norcross Ch. 5

10/07 Humanistic Therapy

Prochaska & Norcross Ch. 4

10/11 Existential

Prochaska & Norcross Ch. 4

10/14 Gestalt Therapy

Prochaska & Norcross Ch. 6

10/18 Biological Psychiatry

10/21 Biological Psychiatry

10/25 EXAM

10/28 Behavior Therapy

Prochaska & Norcross Ch. 9

11/01 Behavior Therapy	Prochaska & Norcross Ch. 9
11/04 CBT	Prochaska & Norcross Ch. 10
11/08 Eating Disorders	
11/11 Cognitive Techniques	Prochaska & Norcross Ch. 7
11/15 Exposure Therapy	Prochaska & Norcross Ch. 8
11/18 EXAM	
11/22 No Class	
11/25 NO CLASS (Thanksgiving)	
11/29 Personality Disorders	
12/02 Marriage and Family Therapy	Prochaska & Norcross Ch. 11
12/06 Somatoform Disorders	Prochaska & Norcross Ch. 12

12/13 Exam

**Grading:** There will be four, non-cumulative exams. The exams will cover lecture and the textbook. The lectures are not intended to explain material in the text, but rather to provide material that is not covered in the text. Therefore, there will be material on the exams that is not in the text. Absences from class will cause you to miss information that will appear on the exams.

**Exams will consist of multiple choice and true-false items. Exams will be curved. After each exam I will add your exam scores and produce a cumulative total. That score will be curved and a grade assigned to it, so you will know after each exam where you stand in the course.**

**If you miss an exam for any reason, illegitimate or legitimate, you may make it up by writing a 10-page paper on a topic from the material covered on the exam, the topic to be approved by me. Note that this is the ONLY way to make up an exam. Also you do not need an excuse. I reserve the right to limit the number of make-ups allowed for each student.**