

Systems of Psychotherapy Psychology 453

MeetingTime: Tuesday and Friday, 12:35-1:55. Place: Hickman 101 Douglass Campus

Instructor: Professor Robert Woolfolk, Ph.D.

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Office location: Livingston Campus, Tillett Hall 311 Office Hours TBA.

Instructor: Robert Woolfolk

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

Course Objectives

1. The principal goal of this course is to increase you ability to reason critically. Much of the “information” you acquire about psychotherapy may be obsolete, but sound thinking never goes out of style.
2. Another goal is to understand the evolution of psychotherapy over time. This historical perspective is rare in our “present-oriented” society where newer is always thought to be better. You will learn for example that hundreds of years ago John Locke articulated many of the principles of behavior therapy and that the Stoic philosophers anticipated cognitive therapy two thousand years ago.
3. I want you to comprehend how the mental health professions function within society and culture and to understand their relationship to the criminal justice system and to the other directive structures of society, such as religion and such cultural phenomena as Alcoholics Anonymous, the educational system, Coaching, and the various forms of Pop Psychology.
4. I want you to be able to take an interdisciplinary perspective on the mental health professions and to be able to view them the way economists, sociologists, anthropologists, and theologians see them.
5. You will become thoroughly familiar with the latest empirical research on psychotherapy, not only findings, but controversies and the issues of research design and problems of inductive logic that arise when we try to study psychotherapy systematically.
6. I want you to begin to get a feel for the kind of highly nuanced and subtle transaction psychotherapy is, to begin to see it as an endeavor that can be conceptualized many different ways, e.g., medical treatment, emotional pedagogy, an art form, or the imparting of wisdom and life skills.

Course Syllabus

2

Introduction to the Field

Theoretical and Practical Frameworks

Prochaska & Norcross Ch. 1

Psychoanalytic Therapy

Prochaska & Norcross Ch. 2

Psychodynamic Therapy

Prochaska & Norcross Ch. 3

Psychotherapy Research

Psychotherapy Research

Psychological Assessment

EXAM

Client-Centered Therapy

Prochaska & Norcross Ch. 5

Humanistic Therapy

Prochaska & Norcross Ch. 4

Existential Therapy

Prochaska & Norcross Ch. 4

Gestalt Therapy

Prochaska & Norcross Ch. 6

Biological Psychiatry

Biological Psychiatry

EXAM

Behavior Therapy

Prochaska & Norcross Ch. 9

Behavior Therapy

Prochaska & Norcross Ch. 9

CBT

Prochaska & Norcross Ch. 10

Eating Disorders

Cognitive Techniques

Prochaska & Norcross Ch. 7

Exposure Therapy

Prochaska & Norcross Ch. 8

EXAM

Personality Disorders

Marriage and Family Therapy

Prochaska & Norcross Ch. 11

Somatoform Disorders

Prochaska & Norcross Ch. 12

Psychotherapy Integration

Prochaska & Norcross Ch. 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.