

**American University of Beirut
Faculty of Arts and Sciences
Department of Social and Behavioral Sciences**

SBHS 309, Counseling and Psychotherapy

1. Course Learning Outcomes

Enhanced and critical understanding of both the theories and principles of psychotherapy, and familiarity with cultural, ethical, and research issues in its practice.

2. Resources Available to Students

- A. Corey, G. (2001). *Theory and practice of counseling and psychotherapy. Sixth edition*. Belmont, CA: Wadsworth/Thomson Learning.
- B. Psychology books and periodicals in the university libraries.
- C. Electronic journal titles and literature search engines (e.g., Psych Info)

3. Grading Criteria

- A. *Seminar presentation*: Graduate students will lead one seminar each on a psychotherapy topic of their choice. As part of their seminar presentation, students are expected to draw on material from their assigned textbook, conduct independent literature searches on their respective subjects, provide a critical overview of the topic, present a case conceptualization of a Middle Eastern literary or historical figure from the theoretical perspective of the psychotherapy approach chosen (a brief biography, a theoretical case analysis, description of goal of psychotherapy and methods for achieving the set goals); and generate as much meaningful discussion as possible. 25% of the final mark (grading criteria will be provided at the course orientation session).
- B. *Essay presentation*. Graduate students will be required to present an essay on a psychotherapy topic of their choice (the topic could be the same as that of the seminar). The purpose of the essay is to provide a critical appraisal of the scientific literature on the topic with particular reference to Middle Eastern culture; highlight methodological, theoretical, and practice issues related to the subject; identify gaps in research; and generate hypotheses for future consideration. The essay should follow APA publication style (see APA Publication Manual, copy available in Library, copy available in SBS Department). 30% of the final mark (grading criteria will be provided at the course orientation session).

- C. *Final Examination*: A 120-minute final examination. The examination will cover reading and class material, and will comprise multiple-choice and/or short essay questions. 30% of the final mark.
- D. *Class participation*: Students are expected to read assigned material from the textbook and other reading materials and come prepared for class discussion. 15% of the final mark.

4. Schedule

Week	Topic
1	Course Orientation
2	Definition of Psychotherapy
3	Research in Psychotherapy
4	Legal and Ethical Issues
5	Behavior Modification
6	Behavior Therapy
7	Psychoanalytic Therapy
8	Person-Centered Therapy
9	Rational Emotive Therapy
10	Cognitive Therapy
11	Group Therapy
12	Marriage Therapy
13	Family Therapy
	Essays are due at the start of week 13
14	Review, Analysis, Synthesis
	Final Exam: To be scheduled

The *final* seminar schedule will be distributed after an orientation meeting and assignment of the seminar topics.

5. Course Policy

- A. *Illness*: The rescheduling of seminar presentations or extensions of deadlines will be granted only for legitimate medical or compassionate reasons, provided the matter is discussed with the instructor **prior** to the due date and provided acceptable documentation to support a medical or compassionate claim is presented.
- B. *Plagiarism*: Plagiarism is considered a scholastic offense, and is subject to disciplinary actions (see AUB Policies and Procedures on Definitions of Academic Misconduct and Disciplinary Actions).