

Center for Religion & Psychotherapy of Chicago Education Program in Self Psychology and Religion 30 North Michigan Ave., Ste. 1920 Chicago, IL 60602	
Course Number & Title:	CT 900: Counseling Techniques I: First-Year Integrative Case Conference
Meeting Time:	Autumn, Winter, Spring 2021-2022 Friday, 10:45a.m.-12:15 p.m.
Instructor:	Catherine Burris-Schnur, D.Min., L.C.P.C.
Total Hours (in-class):	30

Course Description

This course, intended for first-year students, will accompany the students' practicum and internship. In particular, the course will directly apply relevant and appropriate clinical practices to the theoretical foundations of counseling, to which our students are exposed. This generates the professional skills needed to enable the counselor to understand presenting problems, best practice recommendations, and effective intervention strategies. The emphasis in this course will be on the ongoing discussion of students' experiences with their clinical casework, and how to understand and attend to those experiences with the appropriate techniques. *This course is taken concurrently with FE 900. (2021-22, 2 Credits)*

Course Objectives

This course will provide students with:

- An ongoing introduction to and familiarity with the counseling techniques necessary for clinical practice;
- Listening skills;
- The opportunity to develop skills related to listening, assessment, and intervention, and to relate them to a clinical framework;
- The opportunity to present their own clinical work and to listen to and discuss presentations of the clinical work of their fellow students;
- Some reading directly related to the development of counseling techniques.

Required Texts

- Randall Mason, *Pastoral Assessment Guide* (CRPC in-house publication).
- Michael Franz Basch, *Doing Psychotherapy*. Basic Books, 1980.
- Joan Berzoff, Laura Melano Flanagan, and Patricia Hertz. *Inside Out and Outside In: Psychodynamic Clinical Theory and Psychopathology in Contemporary Multicultural Contexts*. Fifth Edition. The Rowan and Littlefield Publishing Group, Inc., 2022.
- Lee, AHyun. *Selves In-Between*. New books, United Methodist Board of Higher Education & Ministry, 2021.

Autumn Quarter September 24, 2021 – December 3, 2022		
Class #	Date	Topics and Readings
1	Sept. 24	Introduction to the course/Discussion of Randall Mason's <i>Pastoral Assessment Guide</i>
		Read the <i>Pastoral Assessment Guide</i> (See PDF)
2	Oct. 1	Doing Psychotherapy, Part I
		Read Chapters 1 and 2 of <i>Doing Psychotherapy</i>
3	Oct. 8	Dealing with Anxiety

		Read Chapter 16 of <i>Inside Out and Outside In</i>
4	Oct. 8	Trauma in the Clinical Room
		Read Chapter 17 of <i>Inside Out and Outside In</i>
5	Oct. 22	Role play of the First Two Clinical Sessions and Class Discussion
		Review previous chapters of Basch and the <i>Pastoral Assessment Guide</i>

6	Oct. 29	Understanding Theoretical Frameworks
		Read Chapter 6 of <i>Inside Out and Outside In</i>
7	Nov. 5	Working With Clients Who May Harm Themselves
		Read Chapter 8 of <i>ACA Ethical Standards</i> , Seventh Edition (See PDF)
8	Nov. 12	Anxiety, Trauma, and Suicidal Ideation
		Clinical Vignettes and Class Discussion
9	Nov. 19	Subjective Experience and Selfobject
		Read Introduction, Chapter 1, and Chapter 2 of <i>Selves In-Between</i>
	Nov. 26	No Class – Thanksgiving Break
10	Dec. 3	Role Play of the First Two Clinical Sessions
		Review previous chapters of Basch and the <i>Pastoral Assessment Guide</i>

Winter Break: December 4, 2021 – January 13, 2022

Winter Quarter January 14, 2022 – March 18, 2022		
Class #	Date	Topics and Readings
11	Jan. 14	“African American Lesbian and Bisexual Women,” Beverly Greene
		Discussion of “African American Lesbian and Bisexual Women,” (See PDF)
12	Jan. 21	Case Presentation and Class Discussion
		Case Presentation will be provided
13	Jan. 28	Basic Assumptions and Training Implications of a Theory of Multicultural Counseling and Therapy
		Read Chapters 2 and 3 of <i>A Theory of Multicultural Counseling and Therapy</i> (See PDF)
14	Feb. 4	Case Presentation and Class Discussion
		Student will send copies of the Case Presentation
15	Feb. 11	Case Presentation and Class Discussion
		Student will send copies of the Case Presentation
16	Feb. 18	Doing Psychotherapy, Part II
		Read Chapter 3 of <i>Doing Psychotherapy</i>
17	Feb. 25	Case Presentation and Class Discussion
		Student will send copies of the Case Presentation
18	Mar. 4	Cultural Experience of Idealization
		Read Chapter 3 of <i>Selves In-Between</i>
19	Mar. 11	Case Presentation and Class Discussion
		Student will send copies of the Case Presentation
20	Mar. 18	Case presentation and class discussion
		Students will send copies of the Case Presentation

Spring Break: March 20, 2022 – March 31, 2022

**Spring Quarter
April 1, 2022 – June 4, 2022**

Class #	Date	Topics and Readings
21	April 1	Case Presentation and Class Discussion
		Student will send copies of the Case Presentation
22	April 8	Case Presentation and Class Discussion
		Student will send copies of the Case Presentation
	April 15	No Class – Good Friday/Passover
23	April 22	Mirroring in the Therapeutic Relationship
		Read Chapter 4 of <i>Selves In-Between</i>
24	April 29	Case Presentations and Class Discussion
		Students will send copies of the Case Presentation
25	May 6	Case Presentations and Class Discussion
		Students will send copies of the Case Presentation
26	May 13	“Ethnocultural Transference and Countertransference in the Therapeutic Dyad”
		Discussion of “Ethnocultural Transference and Countertransference in the Therapeutic Dyad” Lillian Comas-Diaz and Frederick Jacobsen (See PDF)
27	May 13	Case Presentations and Class Discussion
		Students will send copies of the Case Presentation
28	May 27	Psychodynamic Contributions to Understanding Racism
		Read Chapter 11 of <i>Inside Out and Outside In</i>
29	May 27	Case Presentations and Class Discussion
		Student will send copies of the Case Presentation
30	June 4	Case Presentation and Class Discussion/Review of Course
		Student will send copies of the Case Presentation