

PSYC 4800 - Introduction to Psychotherapy

Fall 2026 Syllabus, Section 01, CRN 42597,

Credit hours: 3

Instructor

Dr. David Fruehstorfer

Professional Qualifications:

Ph.D., Experimental (Health) Psychology, Kent State University (2010)

M.A., Experimental (Health) Psychology, Kent State University (2005)

M.Ed., Clinical Mental Health Counseling, Kent State University (1995)

B.A., Psychology, Kent State University (1989)

Senior Lecturer

Email: dbfruehstorfer@ysu.edu

Office: 3211 Beeghly Hall

Office Phone: 330.941.3276

Preferred Contact Method: email

How to Refer to me:

he/him/professor/doctor

Public Instructor Information

Professor: Dr. David B. Fruehstorfer

Professional Qualifications:

Ph.D., Experimental (Health) Psychology, Kent State University (2010)

M.A., Experimental (Health) Psychology, Kent State University (2005)

M.Ed., Clinical Mental Health Counseling, Kent State University (1995)

B.A., Psychology, Kent State University (1989)

Office: 3211 Beeghly Hall

Phone: 330.941.3276

Email: dbfruehstorfer@ysu.edu

Preferred Contact Method: email is best way to contact me. Please use your YSU email address.

Student Support Hours: Mon. & Wed. ~ 10:30a-11:30a; Tues. & Thurs. ~ 11:00a-12:30p

How to refer to me: he/him/professor/doctor

Course Description

4800. Introduction to Psychotherapy. A critical overview of major psychotherapeutic approaches to mental health including an evaluation of empirical validity. Students will develop an increased sensitivity to multicultural and ethical issues. Prereq.: PSYC 3702 or PSYC 3775. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Theory and Practice of Counseling and Psychotherapy (11th edition) with MindTap v 2.0	Gerald Corey	8220132811783

This is a First-Day Ready course: eBook and MindTap access are included in the course fee.

Corey, G. (2024), Theory and Practice of Counseling and Psychotherapy (11th edition) with MindTap v 2.0 ISBN 13: 8220132811783

Hardcopy Text options (not required):

Corey, G. (2024), Theory and Practice of Counseling and Psychotherapy, Enhanced (11th edition)

This older edition would be fine as a supplement as well:

Corey, G. (2021), Theory and Practice of Counseling and Psychotherapy, Enhanced (10th edition) ISBN 13: 9780357671429

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/25	Syllabus Ch. 2	Introductions Introduction and Overview	Register in MindTap Knowledge Check - Ch. 1 Syllabus Quiz Gwen Video - Intake Session Knowledge Check - Ch. 2 Gwen Video - Multicultural Perspective
9/1	Ch. 2 Ch. 3	The Counselor: Person & Professional Ethical and Legal Issues	Ch. 2 Quiz Knowledge Check - Ch. 3 Gwen Video - Informed Consent Complete Theoretical Orientations Test summary O*Net notes for class
9/8	Ch. 3 Ch. 4	Ethical and Legal Issues Psychoanalytic Therapy	Ch. 3 Quiz Gwen Psychoanalytic session Knowledge Check - Ch. 4 Unit 1 Test
9/15	Ch. 4 Ch. 5	Psychoanalytic Therapy Adlerian Therapy	Ch. 4 Quiz Knowledge Check - Ch. 5 Gwen Adlerian session
9/22	Ch. 5	Adlerian Therapy	Ch. 5 Quiz Unit 2 Test
9/29	Ch. 6 Ch. 7	Existential Therapy Person-Centered Therapy	Knowledge Check - Ch. 6 Gwen Existential session Ch. 6 Quiz Knowledge Check - Ch. 7
10/6	Ch. 7 Ch. 8	Person-Centered Therapy Gestalt Therapy	Gwen P-C Therapy session Ch. 7 Quiz Knowledge Check - Ch. 8
10/13	Ch. 8	Gestalt Therapy	Gwen Gestalt Therapy session Ch. 8 Quiz Unit 3 Test
10/20	Ch. 9	Behavior Therapy	Knowledge Check - Ch. 9 Gwen Behavior Therapy session Ch. 9 Quiz
10/27	Ch. 10	Cognitive Behavior Therapy	Knowledge Check - Ch. 10 Gwen CBT session Ch. 10 Quiz
11/3	Ch. 11	Choice Theory/Reality Therapy	Knowledge Check - Ch. 11 Gwen Reality Therapy session Ch. 11 Quiz
11/10	Ch. 9-11 Ch. 13	Post-Modern Therapies	Unit 4 Test Knowledge Check - Ch. 13
11/17	Ch. 13 Ch. 14	Post-Modern Therapies Family Therapies	Gwen Post-Modern (SFBT) session Ch. 13 Quiz Knowledge Check - Ch. 14
11/24	Ch. 14	Family Therapies	Gwen Family Therapy session Ch. 14 Quiz

12/1	Ch. 13 & 14 Ch. 15	Integrative Approaches	Unit 5 Test Knowledge Check - Ch. 15 Gwen - Termination session Retake Theoretical Orientations Test; bring printed version to class Ch. 15 Quiz
12/8	Chapters 4-11, 13-15	Cumulative Final Exam	lmslms_1800307_1 lmslms_1800308_1 lmslms_1800310_1 lmslms_1800315_1 lmslms_1800314_1 lmslms_1800317_1 lmslms_1800316_1 lmslms_1800318_1 lmslms_1800320_1 lmslms_1800328_1 lmslms_1800333_1 Cumulative Final Exam

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.