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Fall 2026 Syllabus

Instructor

William Aley-Byrne

Email: wtaley@ysu.edu

Public Instructor Information

Instructor Title: Adjunct Faculty
Instructor Professional Qualifications: MSW, LISW-S, LICDC-CS
Instructor Office Location: TBD
Instructor Office Phone: (330) 507-4335

Course Description

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Course Readings

Group	Title	Author	ISBN
Required	Theory and practice of counseling and psychotherapy	Corey, G.	978-1-55832-796-2
Required	Theories for Direct Social Work Practice	Walsh, J.	978-1-285-75024-8
Required	Mindful Self-Compassion	Neff et al.	

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

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Mon	8/24	No Readings	Introduction to Course Welcome and Introductions Adult Learning Strategies Student and Teacher Expectations Progress Tracking in BB Course Policies Syllabus, Assignments, and Schedule Review Sign-Up for Theory Presentations	Week 1 Reading for 9/12: Corey Ch. 1 and 2. Take ungraded Assessment of Prior Learning before 11:59 pm Sun. 9/6.
Mon	8/31	No Class		

Mon	9/7	Corey Ch. 1 and 2.	Field Integration: Field as Signature Phenomenon in Social Work Introduction and Overview The Counselor: Person and Professional The Appropriate Use of Self-Disclosure – breakout group discussion	Reading for 9/26: Corey Ch. 4 Slides on Psychoanalytic Theory, Psychodynamic Therapy, and Defense Mechanisms for 9/8 class Review and print out Self-Disclosure Continuum – have them in front of you for class on 9/26 NEW: Theory topic (top 2) are due via email to me no later than after class on 9/26. Show the syllabus to your Field Educator and discuss the requirements for writing the Comprehensive Field Client Assessment Paper; ask them to help you select an appropriate client. Watch 2 short videos for 9/26: Self-Disclosure in Psychotherapy (12 min) Professional Issues and Ethics in Counseling & Psychotherapy: Multiple Relationships Also watch the following brief videos before 9/26 class: Countertransference vs. transference: What is the difference? https://youtu.be/Ca6KnKqZH7I Defense mechanisms: https://youtu.be/fTnjJ105ze4?si=YG-r5gsebQUVDxrZ Complete Ch. 2 Discussion Board: Please respond to each of the questions posted in BlackBoard (BB). Write in complete, grammatical sentences (3 pts). Be sure to respond to at least 1 peer (2 pts). Deadline: 11:59 pm Sun. 9/27 (or earlier!).
Mon	9/14	No Class		
Mon	9/21	Walsh CH. 4	Ch. 4 Psychoanalytic Theory and Psychodynamic Psychotherapy (Mr. Aley-Byrne)	Readings for 10/3: Corey Ch. 7 Walsh Ch. 3: Person-Centered Therapy Corey Ch. 3: (Ethics) and NASW Code of Ethics – be prepared to discuss ethics and values in social work practice. Take Ch. 4 Quiz by 11:59 p.m. 10/4 (10 pts). Work on your theory presentations Ch. 7 Person-Centered Therapy Upload presentation by 11:59 pm Fri. 10/2
Mon	9/28	Corey Ch. 7 Walsh Ch. 3: Person-Centered Therapy	Field Integration Small Group Discussion: The Importance of Self-Care Discuss Ch. 3: Ethical Issues in Clinical Social Work and Ethical Dilemmas Theory Presentation: Ch. 7 Client-Centered Therapy (Rogers)	Reading for 10/10: Corey Ch. 6 Existential Therapy Corey Ch. 13 Walsh Ch. 11: Motivational Interviewing; review Stages of Change Take Ch. 7 Quiz by 11:59 pm Sun. 10/11 (10 pts). Ch. 6 Existential Therapy and Ch. 13 MI/MET - Upload presentations by 11:59 pm Fri. 10/9 Watch short video before 10/10 class (click on title to open): Jerrold Lee Shapiro Discusses Existential Psychotherapy
Mon	10/5	Corey Ch. 6 Existential Therapy Corey Ch. 13 Walsh Ch. 11: Motivational Interviewing; review Stages of Change	Class On WEBEX Field Integration: Understanding How Theories are Used at Your Field Site Role Play: PCT Theory Presentation 1: Ch. 6: Existential Therapy Theory Presentation 2: (Ch. 13 MI): • Stages of Change • Motivational Interviewing (MI) • Motivation Enhancement Therapy (MET)	Read for 10/17: Corey Ch. 9 Walsh Ch. 7: Behavior Therapy Review How to Create an Exposure Hierarchy in BB Take Quiz on MI/MET (Ch. 13) by 11:59 pm 10/18 (10 pts) Ch. 9 Behavior Therapy/Systematic Desensitization; and Exposure Therapies & Exposure Response Prevention Therapy (ERP) Upload presentations by 11:59 pm Sun. 10/18

Mon	10/12	Corey Ch. 9 Walsh Ch. 7: Behavior Therapy	Field Integration Theory Presentation 1: Behavior Therapy (Ch. 9) • History of behavior therapy • Systematic desensitization for phobias Theory Presentation 2a: Exposure Therapies • History of using exposure therapies for PTSD, phobias, etc. Theory Presentation 2b: • Exposure Response and Prevention (ERP) for OCD NEW: Presentation on Ch. 10 & CBT moved to 10/20	Read for 10/24: Slides on Documentation in Behavioral Health in BB (pay attention to concept of The Golden Thread). Corey Ch. 10 Walsh Ch. 8: Cognitive Therapy/CBT/REBT Do keyword search for Comprehensive Field Client Assessment and Treatment Plan. Prepare 1 APA citation following APA guidelines (double spaced, properly indented, capitalized, italicized, punctuated, etc. Due no later than 11:59 pm Sun. 10/25. Ungraded. Carefully proofread and then upload 1 APA citation for final paper (ungraded) by 11:59 pm 10/25. Please check for my feedback to improve your citations. Take Ch. 9 Quiz by 11:59 pm 10/25(10 pts). Ch. 10 DBT: Upload presentations by 11:59 pm Fri. 10/23 Be prepared to conduct a role play with a partner who has a phobia using an exposure hierarchy during class next week. Watch for 10/24: Hope in Counselling & Psychothhttps://sk-sagepub-com.eps.cc.ysu.edu/video/hope-in-counselling-and-psychotherapyerapy (15 min.) Be prepared to discuss!
Mon	10/19	Corey Ch. 10 Walsh Ch. 8: Cognitive Therapy/CBT/REBT	Field Integration: Discuss the importance of instilling hope in therapy Role Play: Create and use an exposure hierarchy with your partner who will act as if they have a particular phobia (breakout rooms) Theory Presentation 1: Cognitive Therapy and Cognitive-Behavioral Therapy; Rational-Emotive Behavior Therapy (REBT) (Ch. 10) Theory Presentation 2: Dialectical Behavioral Therapy (DBT)	Reading for 10/31: Ch. 12 Feminist Therapy Upload presentations by 11:59 pm Fri. 10/31 Take Ch. 10 Quiz on by 11:59 pm 11/1 (10 pts). Ch. 12 Feminist Therapy; Internal Family Systems
Mon	10/26	Reading for 10/27: Ch. 12 Feminist Therapy	Field Integration Role Play: Values Clarification/DBT Theory Presentation 1: Ch. 12 Feminist Therapy Theory Presentation 2: Internal Family Systems Therapy Role play: MI/MET (assess stage of change, use ruler or scaling to enhance motivation for change)	Reading for 11/7: Corey Ch. 13 Walsh ch. 10 Solution-Focused Corey Ch 13 Walsh Ch. 12: Narrative Therapies and slides in BB on Introduction to Postmodern Approaches Ch. 13: Solution-Focused (Brief) Therapy/ Narrative Therapy Upload presentations by 11:59 pm Fri. 10/30 Ch. 13: Solution-Focused (Brief) Therapy/Narrative Therapy Upload presentations by 11:59 pm Fri. 10/30
Mon	11/2	Reading for 11/3: Corey Ch. 13 Walsh ch. 10 Solution-Focused Corey Ch 13 Walsh Ch. 12: Narrative Therapies and slides in BB on Introduction to Postmodern Approaches	Field Integration Theory Presentation 1 (Ch. 13) Narrative Therapy Theory Presentation 2 Solution-Focused Brief Therapy (SFBT) Role Play: CBT	Read for 11/114: Article by Neff et al. (2020) on Mindful Self-Compassion. Be prepared to discuss! Take Quiz on Narrative and SFBT (Ch. 13) by 11:59 Sun. 11/15 (10 pts) Mindfulness-Based Cognitive Therapy (MBCT): Upload presentation by 11:59 pm Fri. 11/13 Take Quiz on Narrative and SFBT (Ch. 13) by 11:59 Sun. 11/15 (10 pts) Mindfulness-Based Cognitive Therapy (MBCT): Upload presentation by 11:59 pm Fri. 11/13

Mon	11/9	Article by Neff et al. (2020) on Mindful Self-Compassion.	Field Integration Role play: Narrative therapy Mindfulness Approaches to Therapy Theory Presentation: Mindfulness-Based Cognitive Therapy (MBCT) discuss Neff et al. article on Mindful Self-Compassion	Acceptance & Commitment Therapy (ACT): Upload presentation by 11:59 pm Fri. 11/20 Begin writing Comprehensive Field Client Assessment Paper (due 12/9)
Mon	11/16	Corey Ch. 9 Acceptance and Commitment Theory	Field Integration Role Play: SFBT Mindfulness Approaches to Therapy Theory Presentation: Acceptance & Commitment Therapy (ACT)	Read for 11/28: Walsh Ch. 15-Integrative Approaches to Therapy Be sure to complete anonymous Course Evaluations for all fall courses in BB. Watch short video before 11/28 class: Professional Issues and Ethics in Counseling & Psychotherapy: Gift Giving Ch. 15 Integrative Approaches: Upload presentations by 11:59 pm Fri. 11/27 Be prepared to teach a mindfulness technique during next week's class Watch short video before 11/28 class: Professional Issues and Ethics in Counseling & Psychotherapy: Gift Giving Ch. 15 Integrative Approaches: Upload presentations by 11:59 pm Fri. 11/27 Be prepared to teach a mindfulness technique during next week's class
Mon	11/23	Corey Ch. 15 Integrative Approaches:	Field Integration: Discuss video on gift-giving. What is your field agency's policy about gifts from clients or others? What are the ethical dilemmas at play? Role Play: DBT/MBCT- Practice teaching a mindfulness technique of your choice to your partner Theory Presentation: Ch. 15 on Integrative Approaches to Therapy Role Play: Narrative Therapy – Help your partner identify their problem-saturated narrative story of their life and then work together to help them rewrite at least one part of this story.	Walsh Ch. 13: Crisis Theory and Intervention Continue writing Comprehensive Field Client Assessment and Treatment Plan due 12/9 Continue writing Comprehensive Field Client Assessment and Treatment Plan due 12/9 Run final paper through www.grammarly.com. Proofread in-text citations and References against APA 7th ed. Guidelines. Paper is due no later than 11:59 pm Wed. 12/9.
Mon	11/30	Walsh Ch. 13: Crisis Theory and Intervention	Field Integration Class Discussion on training supervision, moving into final term, feedback on course. Rapid Role Play Round Robin: For all theories learned this term, in dyads in breakout rooms and also in dyads in front of whole class Theory Presentation: Walsh Ch. 13: Crisis Theory and Intervention Role Play: Crisis Intervention – Help your partner through the aftermath of a crisis event. Focus on immediate steps.	Be sure to complete anonymous Course Evaluations in BB for all fall courses. Upload Comprehensive Field Client Assessment & Treatment Plan as a Word .docx attachment before 11:59 pm Wed. 12/9. Study for Final Exam
Mon	12/7		Be sure to complete anonymous Course Evaluations in BB for all fall courses. Upload Comprehensive Field Client Assessment & Treatment Plan as a Word .docx attachment before 11:59 pm Wed. 12/9. Study for Final Exam	

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