

**William Paterson University
College of Education
Department of Special Education and Counseling**

Preparing Inquiring Educators: Knowledge, Understanding, Application

Course of Study

1. Course Title and Number of Credits:

CSP 621 Case Studies in Counseling 3 Credit Hours

2. Course Description:

The course offers an overview of diagnostic concepts for counselors with emphasis on differentiating between normal and abnormal behavior. Case studies are used to help students analyze major concepts and patterns that help account for human behavior. Special issues in a multicultural society as well as ethical issues pertaining to assessment and diagnosis will be discussed. Course will introduce students to the Diagnostic and Statistical Manual 4th Ed. (DSM IV).

3. Prerequisites and Restrictions: CSP 601, CSP 602, CSP 603, and CSP 606

4. Course Objectives:

1. To provide information on appropriate credentialing and the use of diagnostic information in mental health settings and in school settings (II.G.1.g., CMH C.2., C.4., K. 5.)
2. To provide an overview of diagnostic concepts (II.G.3.g., CMH C.2., E.3., K.1. K.2.)
3. To introduce the use of the Diagnostic and Statistical Manual 4th Ed. (DSM IV) (II.G.3.f., G.3.g., CMH C.2., C.4., K.1., K.2.)
4. To introduce the student to the intake interview (II.G.5.c.)
5. To introduce patterns of abnormal behavior (II.G.3.b., G.3.g., G.5.d.CMH C.2., C.4., G.1., G.2., SC G.2.)
6. To provide information and practice in analyzing human behavior (II.G.3.f., G.5.d., CMH K.3.)
7. To provide information and practice on matching intervention strategies to diagnosis (II.G.3.e., G.5.d., CMH J.3.)
8. To provide information and practice in differential diagnosis (CMH A.6., C.2., K.1.)
9. To introduce evidenced based treatment planning (II.G.3.e.G.5.d., CMH C.7., I.3.)
10. To provide information on appropriate use of diagnosis with diverse populations (II.G.2.a.G.7.f., CMH F.3., K.4.)
11. To introduce ethical principles in diagnosis (II.G.7.g.)

5. Student Learning Outcomes: Student will be able to:

1. Demonstrate an ability to make a five axis diagnosis as

measured by case study write ups and BlackBoard discussion (CMH D.1., D.2., L.1., L.2.)

2. Demonstrate an ability to use diagnostic information for evidenced based treatment planning as evidenced by case study write ups, treatment plan write ups and class discussion (CMH D.1., D.8., H.1., H.2., J.2.)
3. Demonstrate an ability to analyze human behavior as evidenced by case study write ups (CMH D.8.)
4. Demonstrate an ability to differentiate between normal and abnormal human behavior as measured by intake interview, case study write ups and BlackBoard discussion (CMH D.1., H.2., H.3., L.2.)
5. Demonstrate an understanding of appropriate and ethical use of diagnostic information as demonstrated by case studies and class discussion (CMH D.1., D.2., D.5.)

6. Course Content:

1. Introduction to the Diagnostic and Statistical Manual 4th Ed. (DSM IV)
2. The initial intake interview
3. Mental Status Exam
4. Matching assessment-diagnostic information to treatment planning
5. Recognizing normal human behavior
6. Recognizing abnormal human behavior
7. Analyzing case studies
8. Writing treatment plans
9. Using treatment plans
10. Appropriate use of diagnostic information
11. Diagnosis with diverse populations
12. Ethical considerations in use of diagnostic information

7. Teaching/Learning Methods:

1. Case Studies
2. Lecture
3. Small group discussion
4. BlackBoard discussion
5. Multimedia presentations

8. Evaluation Methods:

1. Case study write-ups
2. Treatment Plans
3. Class discussion
4. BlackBoard discussion

9. Required Texts/Readings:

American Psychiatric Association. (2000). Diagnostic and statistical manual for mental and emotional disorders (4th ed.TR). Washington, D.C.: Author.

Sommers-Flanagan, R., Sommers-Flanagan, J. (2008). *Clinical Interviewing* (4th Ed.). New York: Wiley and Sons.

10. Preparer's Name and Date: Paula R. Danzinger, Ph.D., Fall, 1999

11. Department Approval Date: February, 2000

12. Reviser(s) Name(s) and Dates: Paula R. Danzinger, Ph.D and Karen Decker, M.Ed. Fall, 2008
Paula R. Danzinger, Ph.D., Fall, 2000

13. Revision Approval Date: Spring, 2001

14. Bibliography:

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Araoz, D.L., & Carrese, M.A. (1996). *Solution oriented brief therapy for adjustment disorders: A guide for providers under managed care*. New York: Brunner/Mazel.

Bedell, J.R., Hunter, R.H., & Corrigan, P.W. (1997). Current approaches to assessment and treatment of persons with serious mental illness. *Professional Psychology: Research and Practice*, 28, 217-228.

Brems, C. (2000). *Dealing with challenges in psychotherapy and counseling*. Belmont, CA: Brooks/Cole.

Brown, T.A., & Barlow. D.H. (2009). *Casebook in abnormal psychology* (4th ed.). Pacific Grove, CA: Brooks/Cole.

Clark, D.M., Salkovskis, P.M., Hackmann, A., Wells, A., Ludgate, J., & Gelder, M. (1999). Brief cognitive therapy for panic disorder: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 67, 583-589.

Connell, A., Dishion, T., Yasui, M., & Kavanagh, K. (2007, August). An adaptive approach to family intervention: Linking engagement in family-centered intervention to reductions in adolescent problem behavior. *Journal of Consulting and Clinical Psychology*, 75(4), 568-579.

Friedlander, M., Lambert, J., Valentín, E., & Cragun, C. (2008, March). How do therapists enhance family alliances? Sequential analyses of therapist-client behavior in two contrasting cases. *Psychotherapy: Theory, Research, Practice, Training*, 45(1), 75-87.

Golden, L. (2001). *Case studies in child and adolescent counseling* (3rd ed.). Upper Saddle River, NJ: Merrill/Prentice Hall.

- Golden, L. (2003). *Case studies in marriage and family therapy* (2nd ed). Upper Saddle River, NJ: Merrill/Prentice Hall.
- Heflinger, C., & Humphreys, K. (2008, May). Identification and treatment of children with oppositional defiant disorder: A case study of one state's public service system. *Psychological Services, 5*(2), 139-152.
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- Jensen-Doss, A., & Weisz, J. (2008, October). Diagnostic agreement predicts treatment process and outcomes in youth mental health clinics. *Journal of Consulting and Clinical Psychology, 76*(5), 711-722.
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- Jongsma, Jr., A., & Peterson, L. (1995). *The complete psychotherapy treatment planner*. New York: John Wiley and Sons.
- Kasper, L., Hill, C., & Kivlighan, D. (2008, September). Therapist immediacy in brief psychotherapy: Case study I. *Psychotherapy: Theory, Research, Practice, Training, 45*(3), 281-297.
- Kim, Y., & Nahm, S. (2008, June). Cultural considerations in adapting and implementing play therapy. *International Journal of Play Therapy, 17*(1), 66-77.
- Littrell, J.M. (1998). *Brief counseling in action*. New York: W.W. Norton.
- McKay, M., Davis, M., & Fanning, P. (1998). *Thoughts and Feelings* (2nd ed.). CA: New Harbinger Publishers.
- Morrison, J. (2008). *The first interview* (3rd ed.). New York: Guilford Press.
- Nims, D. (2007, June). Integrating play therapy techniques into solution-focused brief therapy. *International Journal of Play Therapy, 16*(1), 54-68.
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- Porcerelli, J., Dauphin, V., Ablon, J., Leitman, S., & Bambery, M. (2007, March). Psychoanalysis with avoidant personality disorder: A systematic case study. *Psychotherapy: Theory, Research, Practice, Training, 44*(1), 1-13.

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- Spitzer, R. L., Gibbon, M., Skodol, A.E., Williams, J.B.W., & First, M. B. (2003). *DSM-IV casebook: A learning companion to the diagnostic and statistical manual of mental disorders* (4th ed.). Washington, DC: American Psychiatric Association.
- Stice, E., Rohde, P., Seeley, J., & Gau, J. (2008, August). Brief cognitive-behavioral depression prevention program for high-risk adolescents outperforms two alternative interventions: A randomized efficacy trial. *Journal of Consulting and Clinical Psychology, 76*(4), 595-606.
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