

UNIVERSITY OF THE ROCKIES
Colorado School of Professional Psychology
555 E Pikes Peak Avenue, #108
Colorado Springs, Colorado 80903-3612
(719) 442-0505

COURSE SYLLABUS

PSYCHOLOGY 7500 Theories of Personality

Catalog Description

This course explores, in depth, the major theories of personality to include Psychodynamic, Behavioral/Cognitive/Trait-Factor, and Existential / Humanistic approaches. Students examine individual theorists and compare and contrast these theoretical positions in terms of current research. In addition, students explore the relevance and application of personality theories to the profession of psychology.

Restrictions: None

Course Learning Outcomes

1. Students will acquire knowledge and understanding of the major theories of personality including the behavioral/cognitive behavioral, psychodynamic, existential/humanistic, and transpersonal schools.
2. Students develop the ability to compare and contrast personality theories from various theoretical positions in terms of their core and peripheral properties.
3. Students will be able to discuss the nature, problems, and current status of the empirical and theoretical study of personality.
4. Students will demonstrate critical thinking skills, ethical decision making ability, and oral and written communication skills when assessing core and peripheral personality issues in people.
5. Students will be able to a basic case conceptualization from a cognitive therapy, psychodynamic, existential/humanistic, and transpersonal perspective.
6. Student will demonstrate an understanding of diversity issues in personality theory and case conceptualization.

Required Text

Students will read a total of 5 text books from the required reading list of original texts. You will read one book from Freud, one book from Skinner, one book from a Neo-Freudian perspective, and one book from a humanistic, existential, transpersonal viewpoint. Your final book can be a second book by a different author from any of these categories or a book by William James.

Read one book written by Sigmund Freud:

Freud, S. (2004) *The origin and development of psychoanalysis*. New York: Kessinger. (Original work published 1910). ISBN: 141917634X.

Freud, S. (1980). *The interpretation of dreams*. New York: Avon (Original work published in 1900) ISBN: 0380010003.

Freud, S. (1998). *Totem and taboo*. New York: Dover. (Original work published in 1913) ISBN: 760765200.

Freud, S. (2005). *The unconscious*. New York: Penguin. (Original work published in 1917) ISBN: 0141183888.

Freud, S. (1990). *Beyond the pleasure principle*. New York: Norton & Company (Original work published in 1920) ISBN: 0393007693.

- Freud, S. (1962). *The ego and the I.D.* New York: Norton & Company (Original work published in 1923) ISBN: 0393001423.
- Freud, S. (1989). *The future of an illusion.* New York: Norton & Company (Original work published in 1927) ISBN: 0393008312.
- Freud, S. (1965). *New introductory lectures on psychoanalysis.* New York: Norton & Company. (Original work published in 1932) ISBN: 039300743X.
- Freud, S. (1989). *An outline of psycho-analysis.* New York: Norton & Company (Original work published in 1940) ISBN: 0393001512.

Read at least one book from the Neo-Freudians or other early psychoanalytic/analytic dissenters of Freud:
Carl Jung

- Jung, C. G. (1965). *Memories, dreams, reflections.* New York: Vintage Books.
- Jung, C. G. (1938). *Psychology and religion.* New Haven, NJ: Yale University Press.
- Jung, C. G. (1971). *Psychological types* (R. F. C. Hull & H. G. Baynes, Trans.). New Haven, NJ: Yale University Press.
- Jung, C. G. (1964). *Man and his symbols.* New York: Dell Publishing. ISBN: 0-440-35183-9.

Alfred Adler

- Adler, A. (1992). *Understanding human nature* (C. Brett, Trans.). Oxford: Oneworld Publications. (Original work published in 1927). ISBN: 1851680217.

Karen Horney

- Horney, K. (1991). *Neurosis and human growth: The struggle toward self-realization.* New York: Norton & Company. ISBN: 0393307751. (Original work published in 1950)
- Horney, K. (1967). *Feminine psychology.* New York: Norton & Company. ISBN: 393310809.

Eric Fromm

- Fromm, E. (1994) *Escape from freedom.* New York: Henry Holt & Company. (Original work published in 1941). ISBN 0805031499.
- Fromm, E. (1956) *The art of loving.* New York: Perennial. ISBN: 0060958286
- Fromm, E. (1950) *Psychoanalysis and religion.* Binghamton, NY: Vail-Ballou Press. ISBN: 0300000898.

Harry Stack Sullivan

- Sullivan, H. S. (1953). *The interpersonal theory of psychiatry.* New York: Norton & Company ISBN: 393001385.

Erik Erikson

- Erikson, E. (1963). *Childhood and society.* New York: Norton & Company. (Original work published in 1950). ISBN: 39331068X.
- Erikson, E. (1994). *Identity, youth, and crisis.* New York: Norton & Company. (Original work published in 1968) ISBN: 393311449.

Gordon Allport

- Allport, G. W. (1960). *Becoming: Basic considerations for a psychology of personality* New Haven, NJ: Yale University Press. (Original work published in 1955) ISBN: 0300000022

Raymond Cattell

Cattell, R. (1973). *Personality and mood by questionnaire*. San Francisco: Jossey-Bass. (1973) ISBN: 0875891810

Cattell, R. (1976). *The scientific analysis of personality and motivation*. New York: Academic Press. ISBN: 012164250X.

Read at least one book Behaviorist Theorist:

Skinner, B.F. (1976). *Walden two*. Boston, MA: Allyn & Bacon. ISBN: 0872207781

Skinner, B.F. (2002). *Beyond freedom and dignity*. New York: Hackett Publishing Company. ISBN: 0872206270.

Read at least one book by a Humanistic, Existential, or Transpersonal Theorist:

Carl Rogers

Rogers, C. R. (1951). *Client-centered therapy*. Boston, MA: Houghton Mifflin. ISBN: 0395053226.

Rogers, C. R. (1965). *On becoming a person*. Boston, MA: Houghton Mifflin. ISBN: 039575531X.

Rogers, C. R. (1980). *A way of being*. Boston, MA: Houghton Mifflin. ISBN: 0395755301

Abraham Maslow

Maslow, A. H. (1954). *Motivation and personality*. New York: HarperCollins. ISBN: 0060419873.

Maslow, A. H. (1968) *Toward a psychology of being*. New York: Wiley & Sons. ISBN: 471293091.

Rollo May

May, R. (1969). *Love and will*. New York: Delta. ISBN: 0385285906

May, R. (1975). *The courage to create*. New York: Norton & Company. ISBN: 0393311066.

May, R. (1979). *Psychology and the human dilemma*. New York: Norton & Company. ISBN: 393314553.

May, R. (1981). *Freedom and destiny*. New York: Norton & Company.

May, R. (1983). *The discovery of being*. New York: Norton & Company. ISBN: 0393312402.

May, R. (1989). *The art of counseling* (Rev. ed.). Lake Worth, FL: Gardner Press. ISBN: 0898761565

May, R. (1991). *The cry for myth*. New York: Delta. ISBN: 1111523592

May, R. (1983) *The discovery of being*. New York: Norton & Company. ISBN: 0393312402.

Ken Wilber

Wilber, K. (2000). *Integral psychology*. Boston, MA: Shambhala Press. ISBN: 1570625549.

For your final text you may choose either a book by William James or you may read a second book from any of the categories above (Freud, Neo-Freudian, Behaviorist, and Humanistic/Existential/Transpersonal). If you choose a second book from a category above, it should be by a different theorist than you read for your first book.

James, W (1950). *The principles of psychology (Vol. 1)*. New York: Dover (original work published in 1890) ISBN: 0486203816.

James, W (1950). *The principles of psychology (Vol. 2)*. New York: Dover (original work published in 1890) ISBN: 0486203824.

James, W. (1999). *The varieties of religious experience*. New York: The Modern Liberty. (original work published in (1901-1902) ISBN: 0679640118.

Clinical Proficiencies

- 1.0 Clinical Relationship Skills
 - 1.1 Clinical Relationship Skills
 - 1.2 Managing Dynamics of Treatment Relationships
 - 1.3 Maintaining Ethical Professional Relationships
- 2.0 Assessments
 - 2.5 Personality assessment
- 3.0 Intervention Skills
 - 3.1 Individual interventions
 - 3.2 Family interventions
 - 3.3 Group interventions
- 4.0 Research & Evaluation
 - 4.4 Evaluating Research & Professional Literature
- 5.0 Diversity
 - 5.1 Sensitivity to Diversity
 - 5.2 Multicultural Awareness
 - 5.3 Sexual and Gender Awareness
 - 5.4 Awareness of other Forms of Diversity

Major Study Units

- Why study Personality?
- Core of Personality
- Periphery of Personality
- Empirical Studies of Personality
- Personalities of the Theorists
- Psychoanalytic Personality Theories
- Behavioral/Cognitive/ Learning/Trait Factor Theories
- Existential/Humanistic Theories
- What is Personality?

Instructional Strategies

- Lectures
- Didactics
- Videos
- Student Presentations
- Group Discussions

Course Requirements

All papers will be written in accordance with the Publication Manual (5th ed.) of the American Psychological Association. The quality of writing skills and usage of correct APA style will be considered in all written assignments.

1. *Attendance and Class Participation*: Students are expected to attend and participate in all class periods. Participation should evidence that students have completed the course reading and demonstrate appropriate professional communication.
2. *Case Conceptualizations*: Students will participate in small group case conceptualizations in class.
3. *Reading Log & Journal*: Students will keep a reading log and journal for the 5-books that they read for the course. The reading log will be comprised of reference information about the books that they have

read along with a signed statement attesting that they read the books during this course. The reading journal will be a minimum of 10-pages and should demonstrate that the student has read the books in their reading log. The reading journal should not include summaries of the reading or quotes. Students should compare and contrast theories as well as demonstrating some ability to apply the theories.

4. *Journal Article Review & Presentation*: Students will read two journal articles or journal dialogues from a list of relevant journal articles provided by the instructor. The student will give a short presentation in class or on Scholar 360 about these articles.
5. *Class Presentation & Scholarly Paper*: Each student will write a paper on the life, theoretical position, and contemporary influence of a personality theorist. Students will sign up for their theorist with the instructor or on Scholar 360. Students will also give a 15-20 minute Power Point presentation on their theorist. All papers must be written in accordance with the Publication Manual (5th ed.) of the American Psychological Association. Pay close attention to style, syntax, and grammar. Students are strongly encouraged to turn in a draft of their paper by the 5th week of class to receive feedback before their final draft is due.

Methods of Evaluation

Students are expected to actively participate in class discussions and attend all classes.

Attendance & Participation	20%
Case Conceptualizations	20%
Reading Log & Journal	20%
Journal Article Review & Presentation	20%
Class Presentation & Scholarly Paper	20%

Institutional Outcomes for University of the Rockies

1. ETHICS – Assesses complex situations and responds in an ethical, legal and professional manner according to the current codes of ethics of the respective disciplines.
2. CRITICAL THINKING SKILLS – Demonstrates the ability to use higher order critical thinking skills.
3. COMMUNICATION – Communicates effectively in written form and oral presentation.
4. EMOTIONAL INTELLIGENCE – Evaluates and modifies one’s decisions and behaviors based on professional feedback, self assessment and reflective practice.
5. LIFELONG LEARNING – Engages in the practice of lifelong learning.
6. DIVERSITY – Supports diversity and multi-cultural issues integrated into professional practice.

Program Learning Outcomes for University of the Rockies – Clinical Specialization

1. Evaluates concepts and formulates plan(s) essential to ethical practice in clinical settings
2. Assesses, plans and executes appropriate change interventions in complex clinical situations
3. Evaluates and applies psychological research in clinical practice and communicates this knowledge effectively and professionally
4. Evaluates and modifies one’s own decisions and behaviors as they affect relationships with clients and colleagues
5. Relates prior knowledge in clinical domains to current clinical situations
6. Evaluates the impact of social and cultural diversity in clinical practice and formulates assessment plans and strategies

Program Learning Outcomes for University of the Rockies– OL

1. Evaluates and applies psychological research in organizations
2. Evaluates the impact of social and cultural diversity in organization

3. Assesses human behavior, both normal and abnormal, and demonstrates the ability to facilitate appropriate growth and change
4. Analyzes concepts and demonstrates skills that are fundamental to ethical practice in organizations
5. Demonstrates an understanding of the complexity of organizational systems and functions as effective change agents
6. Recognizes and integrates appropriate leadership skills

POLICY ON LATE WRITTEN OR ORAL ASSIGNMENTS:

If you have extenuating circumstances such as an illness or an accident on the way to class, call your professor as soon as you know you will miss the class. Remember that Incompletes are for serious life circumstances and not for instances where time has not been planned properly to finish work when it is due. If a serious circumstance requires taking an Incomplete in the course, please review the Incomplete policy in the Student Handbook, talk to your advisor, and the Registrar, who will help you fill out the appropriate paper work.

Any lateness or absence from class should be reported as soon as you know you will be late or absent.

INCOMPLETE POLICY:

An incomplete (**I**) is a temporary grade given for incomplete work in a specific course and must be granted by the professor teaching the course. An **Incomplete** will not be granted for reasons of poor academic performance or failure to use efficiently the time allotted to a course. Rather, it may be given when a student is unable to complete the requirements because of extenuating circumstances. **Incomplete Forms** are available from the Registrar's office and must be completed by the professor, and the student, and include the student's plan of completion. This form must be completed prior to the end of the term in which the student is currently enrolled. The grade of **I** must be removed by the end of the term following the receipt of the **I**. Failure to remove the **I** prior to the end of the next term automatically results in an **Unsatisfactory (U)** on the student's transcript. Upon completion of the course requirements, the **I** may be replaced by the earned grade on the transcript. Two concurrent **Incompletes** automatically place a student on academic probation. Military service and other unavoidable circumstances are taken into consideration by members of the administration.

STUDENT ACCOMMODATION PLANS:

To comply with the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act of 1973, as amended, and with other applicable laws, UoR will provide reasonable accommodations to complete requirements.

Prior to the beginning of the course, students with needs for accommodation should make those needs known by completing an accommodation form, which is submitted to the Dean of Students. Students will receive a signed copy of the accommodation plan. Students are then responsible for providing instructors with a copy of the accommodation plan prior to the beginning of the course if they desire to receive accommodations in that course. If they do not provide a copy of the plan to the instructor prior to the first class, this may limit the instructor's ability to comply with the request. The school is not responsible for providing accommodations if they are not presented to the instructor prior to the course.

Rev. 1/14/07

CLASS CANCELLATION AND SCHOOL CLOSURE POLICY:

There are times when it is prudent to close the school because of hazardous weather or other safety related situations. In most cases, UoR will close if the evening programs of Colorado Technical University (CTU) and/or the University of Colorado at Colorado Springs (UCCS) have announced on television and radio that they have closed.

The President, Vice Presidents, and or any Dean can also make a decision to adjust normal operation procedures or close the School or the Switzer Community Counseling Center under adverse situations. If there is a question, the student may call the school. Students who drive in from any distance are cautioned to put their safety and the safety of others first. It is the student's responsibility to notify the instructor when weather prevents attendance.

MAINTAINING A COPY OF THE COURSE SYLLABI:

Students should be aware that they may need a copy of course syllabi when applying for licensure and other future academic or professional circumstances. Students are responsible for maintaining an electronic and/or hard copy of the course syllabus for each course they take.

Prepared By: Emory Cowan PhD, 8/00

Last Revised By: Louis Hoffman., PhD, 07/21/07

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COURSE OUTLINE

PSYCHOLOGY 7500 – Theories of Personality

PROFESSOR: Louis Hoffman, PhD

Catalog Description

This course explores, in depth, the major theories of personality to include Psychodynamic, Behavioral/Cognitive/Trait-Factor, and Existential / Humanistic approaches. Students examine individual theorists and compare and contrast these theoretical positions in terms of current research. In addition, students explore the relevance and application of personality theories to the profession of psychology.

COURSE WEB SITE AND SCHOLAR 360:

Students are responsible for information on the course page at Dr. Hoffman's teaching web site (www.louis-hoffman-virtualclassroom.com) as well as information in the course community on Scholar 360.

CLASS SESSIONS:

- Unit 1** Introduction
What is Personality?
Core and Periphery of Personality
Empirical Studies of Personality
Case Conceptualization
- Unit 2** Behavioral & Cognitive Theories
➤ Behavioral Theories
➤ Cognitive-Behavioral Theories
➤ Rational Emotive Therapy
- Unit 3** Psychodynamic & Psychoanalytic Theories
➤ Freudian Psychoanalysis (Model 1)
➤ Self Psychology & Object Relations (Model 2)
➤ Contemporary Psychoanalysis (Model 3)
- Unit 4** Phenomenological Theories
➤ Humanistic Psychology
➤ Existential Psychology
- Unit 5** Transpersonal Theories
➤ Transpersonal Psychology
➤ Integral Psychology

- Unit 6** Student Presentations
 Case Conceptualizations
 Integrative Ideas with Behavioral/Cognitive Behavioral Therapy
- Unit 7** Student Presentations
 Case Conceptualizations
 Integrative Ideas with Psychoanalytic/Psychodynamic Therapy
- Unit 8** Student Presentations
 Case Conceptualizations
 Integrative Ideas with Phenomenological Therapy
- Unit 9** Integrative Ideas with Transpersonal Therapy
 Course Wrap Up

Due Dates:

** Assignments are due by Friday at 5:00 of week of the due date unless otherwise noted**

Reaction Papers

- One Reaction Paper is due by end of Week 3
- One Reaction Paper is due by end of Week 4
- One Reaction Paper is due by end of Week 5
- One Reaction Paper is due by end of Week 7
- One Reaction Paper is due by end of Week 9

Presentations

- Students must have their presentations, both journal and theorist, ready to present by week five; the order of the presentations will be determined randomly.

Participation

- Most of the participation points are for in-class participation
- Scholar 360 participation points for posts and comments must be made by Friday of week 9 to receive credit

Papers:

All papers will be written in accordance with the Publication Manual of the American Psychological Association (5th ed.). The quality of writing skills and usage of correct APA style will be considered when grading all written assignments. Pay close attention to style, syntax, and grammar. All papers must be sent to the professor in a Microsoft Word Document format by e-mail to the professor. He or she will review your papers, make corrections and/or suggestions, and return the paper to you via e-mail. The professor will not accept hard copies of papers for submission, but may ask for a hard copy to submit to the “Best Papers” collection.