



TYNDALE
Seminary

Course Syllabus

COUN 0674 PERSONALITY THEORIES

**WINTER 2012
WEDNESDAYS 1:00 – 3:50 PM**

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Office Hours: By appointment

To access your course materials at the start of the course, please go to
<https://www.mytyndale.ca>

I. COURSE DESCRIPTION

Overview of major personality theories with regard to their development, philosophical assumptions, theoretical concepts and their clinical implications in work with individuals, couples and families. Students are encouraged to develop a reflective and critically interactive perspective to facilitate their therapeutic work. Offered annually.

II. LEARNING OUTCOMES

At the end of the course, students should be able to:

- Identify, describe, and apply the major theories of personality, including Psychoanalytic, Neopsychoanalytic, Lifespan , Trait, Humanistic, Cognitive, Behavioral, and Social Learning approaches
- Examine the philosophical assumptions, historical and cultural factors that underlie the development of each personality theory
- Analyze, compare, and utilize the major personality theories to assess case studies of personality disorders
- Develop a deeper self understanding of their own personality and personality development
- Integrate personality theories with the Christian faith
- Apply personality theories to the pastoral and counseling ministries

III. COURSE REQUIREMENTS

A. REQUIRED TEXTS

Carver, C.S. & Sheier, M. F. (2012). *Perspectives on personality* (7th ed.). Boston, MA: Pearson.

B. RECOMMENDED TEXT

Ashcraft, D. (2009). *Personality theories workbook*, 4th ed. Belmont, CA: Wadsworth/Thompson. (AVAILABLE ON RESERVE AT THE LIBRARY)

C. ASSIGNMENTS AND GRADING

1. Personality Theories Workbook and Case Studies (2 @ 10% each) - 20% of final grade (DUE: Feb. 1 and Feb. 29)

This assignment comes from the Personality Theories Workbook (recommended text, also found on reserve at the library). For several of the major theories of personality, students will be assigned case studies in which they will be required to apply the material. For each assigned case study, students will answer the “application questions” ONLY. Each case study assignment needs to be typed, double-spaced, using 12 point font, and approximately 4-5 pages in length.

2. Midterm Examination – 30% of final grade (DUE: Feb. 22)

Students will be given a midterm examination covering material from lectures and textbook. The test will be in various formats, including multiple choice, true/false, short answer and essay type questions, to assess the student’s ability to define, describe, compare, contrast, and apply the different personality theories and concepts. The exam will be 30% of final grade.

3. Personality Disorder Research Paper – 30% of final grade (DUE: Mar. 21)

Students will select a Personality Disorder as found in the DSM-IV-TR and write a 7-10 page paper that integrates lecture and textbook materials with current research on the symptoms, etiology, development, and treatment for counseling. Students must include a critical reflection on how a Christian worldview informs and shapes their understanding of personality disorders and therapeutic process.

A three page summary of your research will be presented to the class in a conference style setting (during one of the three final weeks of the semester). More details of the paper and the presentation will be given in class.

4. Integrative Personality Development Paper – 20% of final grade (DUE: Apr.13)

This assignment is a 5-7 page paper (typed, double-spaced, 12 point font, APA style). Each student will write a paper about his/her own personality and personality development, using the various theories discussed in class. In this paper, the following areas are to be addressed:

- a. Beginning with the Trait-Dispositional perspective of personality (chp. 4 in textbook), and the 16PF assessment, identify and describe **significant** aspects of your personality.
- b. Drawing upon at least 3 major current theories of personality (as covered in the text and lectures), provide a critical analysis of how you understand these to integrate and apply to your own personality development (specific concepts, constructs, and principles from these theories must be identified, defined, and critically applied to your own personality)
- c. Awareness of how your personality shapes and influences your current behavior, thoughts, and emotional patterns and relationships with others.
- d. A reflection on how you understand your Christian faith and identity to be relevant and significant to your personality development.

D. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

1. Your work should demonstrate the following characteristics:

- Reports of psychological research should follow the rules set forth in the *Publication Manual of the American Psychological Association, 5th ed.* (2001).
- All parts of the report are typed double-spaced, and without justifying the right hand margin. Use a 12 point font (“Times New Roman” or “Courier” is preferred).
- www.apastyle.org is a helpful web site for all questions regarding APA style.

Students should consult the current *Academic Calendar* for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System. The Academic Calendar is posted at www.tyndale.ca/registrar/calendar. An excerpt is attached with this syllabus for easy reference.

E. SUMMARY OF ASSIGNMENTS AND GRADING

Evaluation is based upon the completion of the following assignments

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| Personality Theories Workbook & Case Studies | 20 % |
| Midterm Examination | 30 % |
| Personality Disorder Research Paper | 30 % |
| Integrative Personality Development Paper | 20% |
| TOTAL GRADE | 100 % |

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

| WEEK | DATE | CHP. | PERSONALITY THEORY | ASSIGNMENTS |
|-----------------------------------|---------|------|--|---|
| 1 | Jan. 11 | 1-3 | INTRO TO PERSONALITY Orientation to personality Data, Method, and Tools | |
| 2 | Jan. 18 | 4 | TRAIT PERSPECTIVE Types & Traits Traits, Situations, and Interactionism | |
| 3 | Jan. 25 | 5 | MOTIVE PERSPECTIVE Needs & Motives Personology and Narratives | CASE STUDY DUE |
| 4 | Feb. 1 | 6-7 | GENETIC & BIOLOGICAL PROCESSES Temperament BAS System | |
| 5 | Feb. 8 | 8 | PSYCHOANALYTIC PERSPECTIVE Motivations Defense Mechanisms | |
| 6 | Feb. 15 | 9 | PSYCHOSOCIAL PERSPECTIVE Attachment Theory Erikson's Psychosocial Stages | CASE STUDY DUE |
| 7 | Feb. 22 | | MIDTERM EXAMINATION IN CLASS | MIDTERM EXAM (Chps. 1-9) |
| 8 | Feb. 29 | 10 | LEARNING PERSPECTIVE Behavioral Conceptions Analyzing and Modifying Behaviors | |
| 9 | Mar.7 | 11 | SELF-ACTUALIZATION PERSPECTIVE Maslow's Hierarchy of Motives Self-Actualization | |
| MARCH 12 – 16 READING WEEK | | | | |
| 10 | Mar. 21 | 12 | COGNITIVE PERSPECTIVE Social Cognitive Conceptions | PERSONALITY DISORDER PAPER DUE |
| 11 | Mar. 28 | 13 | SELF-REGULATION PERSPECTIVE Self-regulation and feedback control | Research Paper Conference Style Presentation |

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|--|---------|----|--|--|
| 12 | Apr. 4 | 14 | INTEGRATION OF PERSONALITY The Personality System Personality and Spiritual Development | Research Paper Conference Style Presentations |
| 13 | Apr. 11 | 18 | IMPLICATIONS OF PERSONALITY Personality and Counseling | Research Paper Conference Style Presentations |
| FINAL INTEGRATIVE PERSONALITY DEVELOPMENT PAPER DUE FRIDAY APRIL 13, 2012 | | | | |

V. SELECTED BIBLIOGRAPHY

Berger, J. M. (1997). *Personality*. Pacific Grove, CA: Brooks/Cole.

Cloninger, S.C. (2008). *Theories of personality: Understanding persons (5th ed.)*. Upper Saddle River, NJ: Prentice Hall.

Feldmeier, Peter. (2007). *The developing Christian*. Paulist Press.

Fowler, J.W. (1995). *Stages of faith*. San Francisco: Harper & Row.

Frager, R., & Fadiman, J. (2005). *Personality and personal growth (6th ed.)*. Upper Saddle River, NJ: Pearson/Prentice Hall.

Friedman, H.S., & Schustack, M.W. (2006). *Personality: Classic theories and modern research (3rd ed.)*. Boston, MA: Allyn & Bacon.

Gayle, G. (2001). *The growth of the person*. Belleville, ON: Essence.

Hergenhahn, B.R., Olson, M.H., & Cramer, K. (2003). *An introduction to theories of personality*. Toronto, ON: Prentice Hall.

Montgomery, D. (1995). *God and your personality*. Boston: St. Paul Brooks & Media.

Morf, C.C., & Ayduk, O. (Eds.) (2005). *Current directions in personality psychology*. Upper Saddle River, NJ: Pearson/Prentice Hall.

Schultz, D., & Schultz, S. E. (2009). *Theories of Personality, 9th ed.* Belmont, CA: Wadsworth/Thompson.