Steps for Group Research Paper

1. Each member of the group will read selected novel from a psychological/developmental perspective. Novels will be assigned in class.

2. While reading select a main character to study/analyze from a psychological perspective. (approved by Dr. G)

3. Choose a Developmental Theory: (Examples: Adlerian Psychology, Psychodynamic, Feminism, Cognitive Behavioral, Attachment, Person-Centered, etc.) Use the major tenets of the Psychological/Developmental theory to generate hypotheses about the impetus of the major crisis for this character.

4. Develop your theory about the developmental challenge the character/client is facing i.e., loss of parent, parent with mental illness, (this could be a clinical diagnosis and or reason why client would be treated in a clinical setting). Additionally, include other influential circumstances/challenges/struggles in terms of personal relationships, trauma, loss, culture, political, gender, sexual orientation, geographical, intergenerational, etc.

5. Investigate the current research related to your thesis-Main character diagnosis, Psychological theory, & other challenges/struggles.

6. Develop a research question. Examples: Is Person Centered Therapy techniques effective to decrease symptoms of depression in Hispanic Adolescents?

7. Critically analyze current research and select 3 salient articles to include in your research paper. You will also need cite a seminal work from a major contributor to the theory and the novel. You should have a minimum of 5 APA references.

8. Summarize findings. This research paper should be about 5 pages using correct APA style.
Major theoretical Orientations

1. Cognitive Behavioral theory- Albert Ellis, Aaron Beck, Donald Michenbaum, Christine Padesky, Kathleen Moody
2. Psychodynamic Theory-Sigmund Freud, Otto Kernberg
3. Adlerian Theory-Alfred Adler
5. Feminist Theory-Carol Gilligan, Laura Brown, Olivia Espin, Carolyn Zerbe Enns, Jean Baker Miller
6. Attachment Theory-John Bowlby, Mary Ainsworth, Mary Main
7. Person-Centered Theory-Carl Rogers, Abraham Maslow
8. Internal Family Systems Theory-Richard Schwartz
9. Jungian Theory-Carl Jung
10. Solution-Focused Therapy-Insoo Kim Berg, Steve de Shazer
11. Existential- Viktor Frankl, Rollo May, Irvin Yalom