

Syllabus

ED 7303: TECHNIQUES OF COUNSELING Sul Ross State University Spring 2020

Instructor: Glenn Short, M.Ed., LPC, NCC, CEI, CART
Office: By arrangement
Office Phone: 432-294-0732
E-Mail: gshort@sulross.edu
Office Hours: By arrangement

CATALOG COURSE DESCRIPTION:

The initial course in the sequence of counseling practice courses which applies knowledge of ethical practice, counseling theory, and human development to the process of therapeutic change and growth; emphasis is on basic counseling skills and various techniques in individual practice and crisis intervention. **Prerequisite: ED 5314**

REQUIRED TEXT:

Corey, Gerald (2013). *Theory and Practice of Counseling and Psychotherapy*, (9th ed.)
Belmont, CA: Brooks/Cole

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: American Psychological Association.

SUGGESTED SUPPLEMENTARY MATERIAL:

(1) Please note that you will need to have some type of video recording device for class and the capability to upload your video to you tube. There are several instructional videos on you tube that will show you how to upload videos. Become familiar with this as soon as you can.

(2)

NOTE: In previous classes there were significant delays in uploading final projects because students were not competent in uploading videos and waited to the last moment to upload. I will not accept this as an excuse any longer. So please learn how to upload ASAP...

COURSE OBJECTIVES:

The student will be able to:

1. Develop basic process and communication skills and demonstrate such skills in an actual audio-taped counseling session.
2. Demonstrate his/her knowledge of the stages of counseling, and the appropriate role of the counselor and the client in each stage.
3. Demonstrate in role play, class presentation, and written assignments, his/her knowledge of developmentally appropriate skills and techniques applicable with clients for academic, personal, and interpersonal needs.
4. Recognize the need for acting proactively and collaboratively regarding client challenges while demonstrating the selection of appropriate interventions from a variety of counseling theories.
5. Demonstrate knowledge of a variety of skills needed to effectively guide clients in such areas as crisis management, conflict resolution, and goal setting/attainment.
6. Articulate how human development, socio-cultural, and environmental factors shape the nature of the counseling relationship and the selection of interventions.
7. Develop an understanding of the professional, ethical, and legal issues that impact the selection and utilization of various counseling techniques.
8. Demonstrate an understanding of counseling performance skills, including process skills, personalization skills, conceptualization skills, and professional behavior.

In accordance with CACREP best practices standards for all counselors-in-training development, the following areas will be promoted in this course:

CACREP Standard	Activity	SLOs
Common Core for all students:		
1. History and philosophy of the counseling profession (IIF1a);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	1,2,3
2. The multiple professional roles and functions of counselors across specialty areas and their relationships with human service and integrated behavioral health care systems, including including interagency and interorganizational collaboration and consultation (IIF1b);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	2,3

3. Counselors' role and responsibilities as members of an interdisciplinary community outreach and emergency management response teams (IIF1c);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	3
4. Self-care strategies appropriate to the counselor role (IIG11);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	2,3
5. Professional credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues (IIF1g);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	1,2
6. The role and process of the professional counselor advocating on behalf of the profession (IIF1d);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing	1,2,3
7. Advocacy processes needed to address institution and social barriers that impede access, equity, and success for clients (IIF1e); and	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	3
8. Ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling (IIF1i);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	3
9. Ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling (IIF1i);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	1,2,3
10. multicultural and pluralistic trends, including characteristics and concerns within and among diverse groups nationally and internationally (IIF2a);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	2,3
11. the impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's view of others.	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing	2,3
12. multicultural counseling competencies (IIF2c);	Lecture & Discussion, Assigned Reading Chapters 2 Testing	1,2,3
13. Crisis intervention and suicide prevention models, including the use of psychological first aid strategies (IIF5m).	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing	1

Standards for Clinical Mental Health Counseling (CMHC) track		
1. Roles and setting of clinical mental health counseling (CMHC:VC1a);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing Video Taped Session, Discussion Board Counselor Evaluation Assignment	1,2,3
2. Knows the roles and setting of clinical mental health counselors (CMHC: VC2a)	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing Video Taped Session, Discussion Board Counselor Evaluation Assignment	1,2,3
3. Mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks. (CMHC:VC2c);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing Video Taped Session, Discussion Board Counselor Evaluation Assignment	1,3
4. Knows the professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling (CMHC:VC2k);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing Video Taped Session, Discussion Board Counselor Evaluation Assignment	1
5. Is aware of legal and ethical considerations specific to clinical mental health counseling (CMHC:VC2l);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	1,2
6. Understands the record keeping, third party reimbursement, and other practice and management issues in clinical mental health counseling (CMHC:VC2m);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	3
7. Applies knowledge of legislation and government policy relevant to clinical mental health counseling (CMHC:VC2i);	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3 Testing	2,3

1. Understands effective strategies for interfacing with integrated behavioral health care professionals (CMHC:VC3d)	Lecture & Discussion, Assigned Reading Chapters 1 , 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14 Testing Video Taped Session, Discussion Board Counselor Evaluation Assignment	1,2,3
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Student Learning Outcomes

This course contributes to the following required student learning outcomes:

1. Students will demonstrate their ability to apply within guidance and counseling, their knowledge of human development, diversity, and factors that affect clients' ability to achieve their potential.
2. Students will demonstrate their ability to plan, implement, and evaluate a developmental counseling program; this program will incorporate assessment, as well as individual and group counseling services utilizing appropriate theoretical frameworks, techniques and interventions to address personal, interpersonal/social, educational, and career needs.
3. Students will demonstrate their ability to communicate and collaborate effectively with others in diverse settings, including the community in order to facilitate client success, and will demonstrate the ability to apply ethical, legal, and professional standards.

Counselor Education Marketable Skills

1. Graduates will demonstrate oral and written communication skills to apply in careers related to mental and behavioral health including school counseling.
2. Graduates will demonstrate knowledge of ethics, social justice issues, and multicultural concerns to apply in careers related to mental and behavioral health including school counseling.
3. Graduates will demonstrate knowledge of human growth development throughout the lifespan to apply in careers related to mental and behavioral health including school counseling.

ATTENDANCE POLICY:

You are responsible for reviewing the university policies on Absences and Class Attendance in the SRSU Student Handbook. Attendance at and prompt arrival for ALL class sessions is expected. If unable to attend a class session, please contact the instructor PRIOR to that session. Note that contacting the professor does not automatically “excuse” the absence. In addition, SRSU policy states that “An absence is defined as non-attendance in fifty minutes of class” and that “instructors will drop a student from a course when the student has a total of nine absences.” **Missing an entire weekend format class will cause you to be dropped from the course.**

COURSE REQUIREMENTS:

Assigned Reading

A schedule of assigned reading is attached to this syllabus. Complete reading assignments and study the material PRIOR to the class for which they are assigned.

Short Quizzes and Exam

Individual chapter quizzes and a mid-term exam will be administered.

Group Work

Group work will be used to evaluate understanding of the assigned text.

Class Participation

Appropriate participation in discussions, activities, and role play will be an integral part of the learning process; respectful and professional conduct in the classroom is expected.

Project and Written Assignments

In lieu of a written final exam, each student will conduct a digitally formatted video recorded counseling session with an assigned client. Students are expected to demonstrate the ability to utilize specific counseling skills practiced in class, but relevant to the client’s needs. To preserve confidentiality we will be signing confidentiality agreements. In order to receive full credit for your final project the following must be submitted:

- * Students will provide a Unlisted link to your uploaded You Tube video or Mail me a zip drive with your video to 405 N Cherry Alpine Texas 79830 (you will not get your zip drive back, also note mail time and due date)
- * Students will write a brief summary of the client’s problem and how that problem was addressed in relation to the counseling stages and techniques discussed in class. Include the theoretical framework and accompanying techniques selected, and address their effectiveness. If more than one theoretical framework was employed, justify the change. (Maximum length of summary—two double-spaced pages)
- * Students will complete a self-evaluation form and an evaluation of

their counselor. Students will submit the link to the You Tube video. The summary report, the self-evaluation summary, and the evaluation of their counselor by midnight on Thursday April 9th.

- * Each student will post a thread on the Discussion Board on the ED 7303 Blackboard course site. The student must respond to questions posted on the Discussion Board Assignment forum, and must also make a response to one other student's posting. The questions on the forum address the student counselor's experience of the taped session and the selection of theoretical framework(s) and techniques utilized. This posting will be made after the taped session and prior to the due date posted in this syllabus.

Note: Grades are earned based on the quality of the work completed. Late assignments are not accepted.

All written assignments must follow the writing style found in the Sixth edition of the American Psychological Association Publication Manual (APA Manual). See *American Psychological Association Publication Manual* <http://www.apastyle.org/stylehelper/>

GRADING: A=100-91% B=90-81% C=80-71% F=70-0%

Class Participation	15%
Chapter Quizzes	20%
Final Project (Video Recording, summary, evaluations, DB)	65%
Total.....	100%

Graduate students must maintain a 3.0 GPA to remain in good standing.

Grades of **Incomplete (I)** are not given in the Professional Studies Division of Sul Ross State University *except* in the *most extreme* situations.

SRSU Disability Services: The university is committed to equal access in compliance with the Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. It is the student's responsibility to initiate a request for disability services. Students seeking disability services must contact Grace Duffy in Counseling and Disability Services, Ferguson Hall, Rm. 112. The mailing address is P.O. Box C-171, Sul Ross State University, Alpine, TX 79832. Telephone: 432-837-8203.

Note: No recording of classroom lectures/activities, with the exception of the assigned audio-taped counseling session.

Please turn cell phone to vibrate during class times. Cell phones are not to be visible during class and only used in an emergency

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Calendar of Assigned Reading, Assignment Due Dates

Corey, Gerald (2013). *Theory and Practice of Counseling and Psychotherapy*, (9th ed.)
Belmont, CA: Brooks/Cole

*Have the assigned chapters and materials read **PRIOR** to the weekend of class.*

Weekend I

Saturday, Jan. 25 **Chapters 1-5 Lecture**

Sunday, Jan 26 **Quiz set #1, chapters 1 through 4-online, due by midnight (CST)**

Weekend II

Saturday, Feb 15 **Chapters 5-9 Lecture**

Sunday, Feb 16 **Quiz set # 2, chapters 6 through 8-online, due by midnight (CST)**

Weekend III

Saturday, March 7 **Chapters 9-14 Lecture**

Sunday, March 8 **Quiz set #3, chapters 9 through 12-online, due by midnight (CST); Discussion Board assignment due by midnight.**

Weekend IV

Thursday April 9 **Video Uploads & All other elements of final project are due by midnight (CST)**

Saturday, April 11 **Chapters 13-16; Video critiques via teleconference begin through**

Sunday, April 12 **Quiz set #4, chapters 13-16-online, due by midnight (CST)**

Classes will meet on the Alpine campus in classroom MAB 308 on the following dates and at the specified times:

Saturday, Jan 25th	9:00 a.m. until 5:00 p.m.
Saturday, Feb. 15	9:00 a.m. until 5:00 p.m.
Saturday, March 7	9:00 a.m. until 5:00 p.m.
Saturday, April 11	Teleconferences begin thru April 29

Note: In case of inclement weather days or emergency issues we may need to reschedule a day or complete assignments online.

Lectures/Discussions

Weekend I: Examination of the syllabus and course requirements. Review of major counseling theories and an introduction to counseling techniques. Basic Issues in Counseling practice. Ethical practice. Confidentiality and Client intakes, Introduction to Intrapersonal and Interpersonal communication – Emotional Intelligence, Multicultural perspectives, Human growth, Psychoanalytic theory, Adlerian Theory

Weekend II: Introductions to Existential, Person Centered, Gestalt therapies, Behavior Theory. Reality Therapy The case of Stan...

Weekend III: Introductions to Cognitive Behavioral Therapy, REBT, Solution Focused therapy. Feminist Theory, Narrative Therapy, Family Systems
The Case of Stan continues...

Weekend IV: Individual Debriefing / Teleconferencing begins