



## 5314 Personality and Counseling Theories Summer II 2020

### **Instructor Information:**

Dr. Monica Gutierrez  
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### **Course Description:**

A study of human personality dynamics as related to counseling theory and practice, emphasis on modern developmental and phenomenological theories as they apply to counseling and developmental guidance.

### **Texts and DVD:**

*\*THEORY AND PRACTICE OF COUNSELING AND PSYCHOTHERAPY,* (10<sup>th</sup> edition), by Gerald Corey.

*\*DVD: The Case of Stan and Lecturettes for Theory and Practice of Counseling and Psychotherapy, 9th.* ISBN-13: 9781133309130

### **Class Sessions:**

Internet class.

### **Course Requirements and Grading:**

✓ Mid-semester and Final exams  
Midterm 10% & Final 20% – (30%)

✓ Discussion Board and Activities – 50%  
✓ DVD “The Case of Stan” – 20%

A = 90-100%  
B = 80-89%  
C = 70-79%  
D = 60-69%  
F = 59 and ↓

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Total 100%

## Program Learning Outcomes

The graduate student will be able to:

1. Demonstrate an understanding of traditional and contemporary counseling theories.

*Assessment:* Final Exam, Discussion Board

2. Identify and explain the impact of various counseling theories as related to developmental issues at different stages of human development.

*Assessment:* DVD; Discussion Board

3. Understand how human development, socio-cultural, and environmental factors shape the nature of the counseling relationship and applied theories.

*Assessment:* DVD; Discussion Board

4. Recognize the impact that professional, ethical, and legal issues have on the selection and utilization of various counseling theories with diverse populations.

*Assessment:* Exams; DVD; Discussion Board

5. Recognize the need for acting proactively and collaboratively regarding client challenges and for drawing from a variety of counseling theories to select and apply appropriate interventions to use with diverse populations.

*Assessment:* Exams; DVD; Discussion Board

## TEXES COMPETENCIES ADDRESSED IN THIS COURSE:

### Domain 1: Understanding Students

Competency 001 – Human Development: The school counselor understands processes of human development and applies this knowledge to provide a developmental guidance program, including counseling services, that encourages and meets the needs of all students.

Competency 002 – Student Diversity: The school counselor understands human diversity and applies this knowledge to ensure that the developmental guidance and counseling program is responsive to all students.

Competency 003 – Factors Affecting Students: The school counselor understands factors that may affect students' development and school achievement and applies this knowledge to promote students' ability to achieve their potential.

### Domain 2: Planning and Implementing the Developmental Guidance and Counseling Program

Competency 006 – Counseling: The school counselor understands how to select effective and appropriate theoretical approaches to program services.

### Domain 3: Collaboration, Consultation, and Professionalism

Competency 010 – Professionalism: The school counselor understands and complies with ethical, legal, and professional standards with regard to theoretical application to counseling issues.

## TENTATIVE SCHEDULE

<u>Date</u>	<u>Assignment</u>
July 1 (Wed.)	Introductions/Syllabus/Course Description, Expectations DVD "Intake and Assessment" Chapters 1 and 2 Chapter 3
July 7 (Tues.)	<b>Blackboard Due</b>
July 8 (Wed.)	Chapter 4 DVD "Psychoanalytic Therapy" Chapter 5 DVD "Adlerian Therapy"
July 14 (Tues.)	<b>Blackboard Due</b>
July 15 (Wed.)	Chapter 6 DVD "Existential Therapy" Chapter 7 DVD "Person-Centered Therapy" Chapter 8 DVD "Gestalt Therapy"
July 21 (Tues.)	<b>Blackboard Due</b>
<b>July 21 (Tues.)</b>	<b>MIDTERM on Blackboard</b>
July 22 (Wed.)	Chapter 9 DVD "Behavior Therapy" Chapter 10 DVD "Cognitive Therapy" Chapter 11 DVD "Reality Therapy"
July 28 (Tues.)	<b>Blackboard Due</b>
July 29 (Wed.)	Chapter 12 DVD "Feminist Therapy" Chapter 13 DVD Postmodern Approaches "Solution-Focused Brief Therapy" and "Narrative Therapy" Chapter 14 " Family Systems"
Aug. 3 (Monday)	<b>FINAL EXAM (2-5 p.m.). Make arrangements to take this exam in Uvalde.</b>

## ASSIGNMENTS AND REQUIREMENTS

### **Exams: 30%**

There will be a total of 2 exams. The midterm exam will be worth 10% and will be taken via Blackboard. The exams will consist of multiple choice, short answer and/or essay questions. The midterm consists of 50 multiple choice questions worth 1.5 pts. each and 5 essays worth 5 pts. each. The midterm will cover Chapters 1-6. You will need to take the FINAL exam in Uvalde, so make arrangements. The Final will be worth 20%. It is a comprehensive exam consisting of 100 multiple choice questions worth 1 pt. each. You will have 3 hours to complete the Final exam.

### **Blackboard and Activities: 50%**

The utilization of Blackboard will be an important component of this course. Blackboard Discussion Board assignments will be due on a weekly basis. Assignments will be posted on Wednesdays by noon and will be due on **Tuesdays at midnight**.

An important component of this class is reading and sharing other student's views. Therefore, we will need to do this via the Discussion Board in Blackboard.

### **DVD "The Case of Stan": 20%**

Viewing this DVD will be a course requirement. Questions pertaining to each video clip will be posted in Blackboard, under "Discussion Board." There will be a separate Forum for Blackboard assignments and DVD assignments. Assignments will be posted on Wednesdays by noon and will be due on **Tuesdays at 12 midnight**. Late assignments will not be accepted!

### **Grading Rubric:**

I will utilize a Discussion Board Rubric to grade all assignments posted to the Discussion Board in Blackboard. This rubric will be posted in Blackboard under "Course Documents" for you to view and print out. Grading will be based on the thoroughness and depth of your written responses. I will not individually respond to your written assignments, but will use the grading rubric to base my evaluation. Your grades will be posted on a weekly basis in the Grade Center. This will enable you to keep up with your grades throughout the semester.

### **Assigned Readings:**

A schedule of assigned reading is included in this syllabus. Students are responsible for ALL assigned readings PRIOR to the class for which they are assigned.

## **Disability Statement**

Sul Ross State University Rio Grande College is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Kathy Biddick in Student Services, Room C-102, Uvalde campus. The mailing address is 2623 Garner Field Road, Rio Grande College – Sul Ross State University, Uvalde, Texas 78801. Telephone: 830-279-3003. E-mail: [kbiddick@sulross.edu](mailto:kbiddick@sulross.edu)

## **Distance Education Student:**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, such as online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.