

Syllabus

FE 98

Ray

Course: Psy 406<sup>40</sup> Guidance and Counseling

Chaminade University of Honolulu on Fort Shafter, Bldg 320 Fall Term 5 October -17 December 1998

Instructor: Sally J. Rall, MA, NCC Contact numbers: office 235-0165, pager 363-0302,  
e-mail 103665.325 @compuserve.com  
Available hours: before or after class, or by appointment

Course description: Counseling approaches and techniques used in helping relationships.  
The course combines experiential and didactic instruction, giving the student an opportunity to explore helping strategies and develop a philosophy of counseling.

Course objectives: At the end of this course students will be better able to explain the theoretical foundations of applied counseling technique. They will be better able to choose clinical strategies based on client need, good practice, and ethics. They will be better able to formulate treatment plans, crisis management plans, and multi-discipline integrated service plans.

Course process: Course objectives will be met by way of didactic study of text materials, applied applications through in-class role play, and process oriented growth through student interactions and investigations of intrapersonal and interpersonal events in the various communities in which they live and work. Ethical, cultural, and diversity issues will be addressed/

Required textbook: Theory and Practice of Counseling and Psychotherapy by Gerald Corey, Fifth Edition

Helpful resources: DSM-IV, ACA or APA code of ethics, and most current edition of APA writing manual (instructor will bring desk copies for use during class)

Criteria for grading: This is a 100 point class:

- \* Class participation and attendance = 10 points
- Sensory Awareness Journal = 10 points
- APA Format writing project = 10 points
- Class Group Project = 20 points
- In-class Midterm = 50 points

The Grade of "A" = 90-100 pts, "B" = 80-89 pts, "C" = 70-79 pts, "D" = 60-69 pts, "F" is below 60 pts

Attendance policy: The policy of Chaminade University. Speak with me, if you have a need to be absent or late. It is your job to sign the attendance book to verify your presence.

**\*\*\*\*Please let me know if you have special learning needs, attendance situations, or life events which will impact your participation.**

**\* If it is necessary to be absent, attendance points, journal points, and group project points can be earned by submitting the necessary materials at the next class. To earn missed attendance points students facilitate a brief discussion of topical interest during check-in.**

Description of Assignments:

***Sensory Awareness Journal:*** The purpose of this exercise is to help students become aware of and sensitive to the multiple bits of information inherent in verbal and non-verbal ways of being. Five entries are required for maximum credit; 2 points for each entry. *One typewritten page of self-reflection is to be turned in each week, unless otherwise indicated.*

***APA Format Writing Project:*** The purpose of this project is to help students practice the specific components of APA format. Page formatting as well as writing style will be addressed. Areas to be practiced are Abstract Writing, Introduction Writing, Heading and Sub-Heading organization, Summary Writing, and Referencing. *Points are earned by practicing the tasks as assigned. Two points are earned per topic for a total of ten points.*

***Class Group Project:*** The purpose of this project is to help students gain skills which are presently being used in hospital, school, and community mental health settings. Over the course of the term, the Group will come to resemble a multi-disciplinary team responsible for design of a well integrated treatment plan. Time will be allocated during class for the Group to work on their project. Although students may find it helpful to bring in outside reference material, this is meant to be an in-class project. The instructor will act in a consultant role. The instructor will provide background history on the "clients." *Presentation on the last day of class, of the case and treatment plan is required to earn 20 points. If a student will be unable to attend the presentation, adequate input to the Group via e-mail, fax, phone call or written report is required. Note: Students can earn up to 10 points for group cooperation and up to 10 points for individual effort. Therefore remember students are graded as group members and as individuals.*

***In-Class Mid-term:*** The purpose of this project is to assess the didactic knowledge gained by the student. It is through this medium that the student's understanding of the theoretical underpinnings of clinical practice can be demonstrated. Questions will focus on the classic differences, similarities, and transition points of the theories presented in the text. There will be 10 multiple choice questions worth 2 points each, 10 fill-in-the-blank questions worth 2 points each, and 5 short answer questions worth 2 points each. Questions will be based on material presented in class.

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Class Calendar:

Note: **Chapter 1**, Introduction and Overview, **Chapter 2**, The Counselor, **Chapter 3** Ethical Issues, and **Chapter 13** An Integrated Perspective will be incorporated in detail throughout the experiential and didactic processes of this course. **Chapter 14** Case Illustration: Stan will be used as an example and as inspiration for the Group Class Project

**Class Calendar (subject to revision based on class needs)**

*Direction: Read what is of particular interest to you for the next class!*

- 10 Oct Intro to Class, Brief Intro to Ch 1, Ch 2, Ch 3, Ch 13  
Sensory Experience #1: Verbal Silence and Verbal Noise (Self-reflection discussion)  
Homework: Sensory Experience #2: Hug a Tree (Write)
- 17 Oct Ch 4, Ch 5  
Forming Groups for the Class Group Project  
Homework: Sensory Experience #3: Listen to Water (Write)
- 24 Oct Ch 6, Ch 7  
Rogerian Role Play  
Group Time  
Homework: Sensory Experience #4: Be with an Animal (Write)

- 31 Oct Ch 8, Ch 9  
Group Time  
Homework: Sensory Experience #5: Happy Halloween!  
Reflect Briefly and Gently on What Scares You... (Write)
- 7 Nov Class Review for Mid-term  
Gloria Tape and Discussion (Many hints for mid-term!!!)  
APA Formatting: An overview; in-class Abstract practice  
Group Time  
Homework: STUDY for mid-term, and Relax!!!
- 14 Nov ***Last Minute Questions: 8:15am-8:45am***  
***Mid-Term Exam: 9am-11am***  
***Homework: Type up a one page abstract on a Family Theorist***  
***Rest of class is on your own as library or group time***
- 21 Nov Ch 10  
APA formatting: Introduction; in-class practice  
Group time  
Homework: Type up a one page Introduction on a Family Theorist
- 28 Nov Ch 11  
APA formatting: Headings and sub-headings; in class practice  
References; in-class practice  
Group time  
Homework: Amend your one page Introduction on a Family Theorist so that references are included. On a separate piece of paper, write two pair of heading and sub-heading that would apply if you were actually going to write the article. Write up a Reference Page with two entries in APA style.
- 5 Dec Ch 12  
Video on Family Therapy (Miracle Question)  
APA formatting: Putting it all together, writing the summary. Write summary in class.  
Group time
- 12 Dec Summary of Class-Integrative Aspects  
Group Presentation of Case and Treatment Plan  
***Final day to turn in all materials that may be outstanding!!!!***  
***It is IMPORTANT to be in class on this day, or to have called the instructor, AND to have made prior arrangements with your group.***