

CHAMINADE UNIVERSITY OF HONOLULU

40 Fort Shafter

PSY 406 Counseling Psychology

Tuesday 17:30 – 21:40

Fall Term

1 October– 13 December 2001

Instructor: Sally J. Rall, MA, NCC, LPC-IL

Office Hours: By appt, before or after class

Contact Number: 251-7042 (This number will take a voice or number msg.)

E-mail: pelewolf@aol.com

Course Description: PSY 406 Counseling Psychology, 3 credits, 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. Prereq: Psy 101 and Psy 321

Required Text: Theory and Practice of Counseling and Psychotherapy, Corey.

Method of Evaluation: This is a 100 point class. Extra credit is possible.

Weekly Class Quiz: 40 points (8 wks x 5 points).

Weekly Class Experiential Exercises: 10 points

Weekly Class Group Activity: 10 points

Mid-term 5 page paper on:

“General Approach to My Philosophy of Counseling” 20 points

Final 5 page Paper on:

“Detailed Approach to My Philosophy of Counseling” 20 points

Grading is as follows: 90 – 100 = A

80 – 89 = B

70 – 79 = C

60 – 69 = D

below 60 is failing

It is the responsibility of the student to be aware of withdrawal dates and incomplete option. Incompletes are not automatically granted; be sure to speak with the instructor.

It is the responsibility of the student to be aware of due dates and syllabus requirements.

See blue sheet for information about how to drop this class or determine if you have earned sufficient points to complete the class in the event of deployment/emergency.

Special Needs: Inform the instructor if you have special needs that impact your ability to participate/complete the requirements of this class. Inform the instructor if you require specific accommodations to assist with a disability.

Extra Credit: Extra credit is at the discretion of the instructor. Typically, extra credit is offered in response to above average class participation in recognition that individuals and groups have unique learning/expressive styles.

Attendance: Attendance is the policy of Chaminade University. Inform the instructor if you have specific circumstances that will impact your attendance. ***Deployment, standing duty, work, and personal/family needs are examples of specific circumstances.***

Mechanism of Class: This is an interactive class. This means that the instructor and students are entering into a learning relationship. We will both have our work to do and unique contributions to offer.

Description of Assignments:

Weekly Class Quiz: This is a short 2 question quiz. One question will assess knowledge of a technical term or theory; one question will ask for an applied approach to a specific situation. Content for quiz will come from previous weeks lesson, content will come from the textbook.

Weekly Class Experiential Exercise: Each week the instructor will offer opportunities to the students to practice active listening skills, case conceptualization skills, diagnostic skills, and therapy techniques. Role playing of a non-invasive nature will be part of this exercise.

Weekly Class Group Activity: Each week students will be introduced to a specific facet of counseling called group counseling. Over the weeks students will experience in brief format the process of forming, interacting in, and transitioning out of a supportive group experience.

Mid-Term Paper: "General Approach to My Philosophy of Counseling" is an opportunity for the student to integrate theory, technical information, research information, and personal/professional experiences into a unique philosophy of counseling. Student will have the opportunity to describe and name their own approach. Literature based theory will provide a reference point from which to build one's own theory. **PAPER IS DUE BY THE FIFTH WEEK OF CLASS.** Students will briefly present their ideas to classmates on the day designated as Mid-Term.

Final: "Detailed Approach to My Philosophy of Counseling" is an opportunity for the student to "go deeper" into the development of their approach to counseling. In this paper student will be required to describe the "content" and "process" of their approach. In essence this is a refinement of the work done for the mid-term. **PAPER IS DUE BY THE TENTH WEEK OF CLASS.** Students will briefly present their ideas to classmates on the day designated as Final.

It is recommended that both papers be in APA format. It is required that papers be provided to instructor in a hardcopy format, typed, and singlespaced.

CLASS CALENDAR

- 2 OCT Introduction to class and materials. Check-in. Intro to Transition (Grief Counseling) Chapter 1, 2, 3 Intro to Experiential tasks, Intro to Group Process
- 9 OCT Brief Quiz based on Chapter 3. Check-in. Lecture on Ch 4 and 5.
Experiential tasks and Group tasks.
- 16 OCT Brief Quiz based on Chapter 4 and on Chapter 5. Lecture on Ch 6 and Ch 7.
Experiential tasks and Group tasks.
- 23 OCT Brief Quiz based on Ch 7. Lecture on Ch 8 and Ch 9.
Experiential tasks and Group tasks.
- 30 OCT **MIDTERM DAY**
1st paper is due. Students to provide short presentation to classmates.
Brief Quiz on Ch 9 Lecture on Ch 10 and Ch 11
Experiential tasks and Group tasks.
- 6 NOV Brief Quiz on Ch 10 and Ch 11.
Experiential tasks and Group tasks. Library night.
- 13 NOV **NO quiz tonight.** Lecture on Ch 12. Experiential tasks on Ch 12.
Group tasks.
- 20 NOV Brief Quiz on Ch 12. Lecture on Ch 13.
Experiential tasks. Group tasks.
- 27 NOV Brief Quiz on Ch 13. Lecture on Ch 14.
Experiential Tasks. Group tasks.
- 4 DEC **FINAL DAY**
2nd paper due. Students to provide short presentation to classmates.
Happy Holidays: Credit Given for Quiz, Exp/Grp tasks.

(Xerox on
blue paper)

IN CASE OF DEPLOYMENT

If you have the time, and think you need to administratively drop the course:

Call: 1-800-735-3733

Or

Email: FTShaftercu@hotmail.com (This email goes to Rachelle, who is CUH rep)

OR

Call: 251-7042 :Instructors 24/7 pager

Or

Email: pelewolf@aol.com :Instructors email.

If you do not have time to notify Chaminade:

Instructor will follow-up using contact numbers provided by student. If student has earned sufficient points, a grade will be awarded provided student has indicated that he/she would like to be graded, otherwise student will be administratively dropped.

An administrative drop will not carry any penalties.

Keep track of earned points on a weekly basis, as the syllabus is designed to allow students and instructor to work together in an effort to minimize disruption in educational progress as a result of deployment or emergency.

STUDENT INFORMATION

THE FOLLOWING INFORMATION WILL BE KEPT CONFIDENTIAL

THE INFORMATION WILL BE USED TO LOCATE THE STUDENT

NAME:

CIVILIAN WORK PLACE:

MILITARY DUTY STATION:

Rank/Rate:

HOME PHONE:

WORK PHONE:

CELL PHONE:

PAGER:

EMAIL:

ANY OTHER POINTS OF CONTACT:

IF I AM UNABLE TO COMPLETE THIS CLASS DUE TO MILITARY DEPLOYMENT OR OTHER EMERGENCY, BUT I HAVE EARNED SUFFICIENT POINTS TO PASS WITH A GRADE OF ____ OR BETTER THEN I WISH TO BE GRADED. IF I HAVE NOT EARNED SUFFICIENT POINTS THEN I WISH TO BE ADMINISTRATIVELY DROPPED FROM THE CLASS.

Signature of Student _____ date _____

(This directive is to be used only if the student has not been able to contact the instructor or Chaminade University of Honolulu.)