
COURSE DESCRIPTION:

This course is designed to present members of PSY 406 with an introduction and overview of guidance and counseling approaches and techniques used in therapeutic settings. Strategies and applications will be presented, explored and developed. This will include personal, career, and legal perspectives that result in a personal philosophy of guidance and counseling.

A classroom of prospective counselors often holds individuals of different cultural and social backgrounds, learning styles and interests in the field of guidance and counseling. Therefore, a combination of experiential and didactic instructional methods will be used, including field exposure, issues clarification, lectures, group discussions and exercises, and student presentations.

PREREQUISITES: PSY 101, 321

COURSE OBJECTIVES:

1. To gain knowledge of the therapeutic process and the practical elements in the field of guidance and counseling (G&C).
2. To become familiar with the basic concepts and language of G&C.
3. To develop listening and attending skills essential to the field of G&C.
4. Awareness of the variety of professional and ethical issues in the field of G&C.
5. To develop an integration of theoretical and experiential learning in order to form your own personal philosophy of G&C.
6. To enhance self-evaluation skills, writing skills, oral presentation skills, and critical thinking skills.
7. To challenge the potential practitioner to look at his or her own strengths and weaknesses, qualities and biases that will help or hinder them in helping relationships.
8. To gain insight and understanding of ways of applying the information and theories to specific cases and scenarios.

COURSE TEXT:

THEORY AND PRACTICE OF COUNSELING AND PSYCHOTHERAPY, 5th Edition.
By Dr. Gerald Corey Brooks/Cole Publishing Co. 1996

*There is a Student Manual for Theory and Practice of Counseling and Psychotherapy that comes with the text and will be tied to the class.

PURPOSE AND DESCRIPTION OF ASSIGNMENTS:

Exploration papers: Papers are of a comprehensive nature and are designed to help you integrate and apply the course content through the process of self-exploration. These papers must be typewritten, double-spaced, paginated and proofread. They must be a **minimum** of two full pages in length, and are expected to be turned in on time and written in a manner that reflects clear thought. Choose your two exploration topics from the following essay statements. **BE SURE TO INDICATE WHICH ESSAY STATEMENT YOU ARE RESPONDING TO, AND WHICH PAPER (1 or 2).**

Essay A: Discuss the personal needs and motivations for your wanting to seek a career in counseling and/or the helping professions. How might your needs either help or hinder you in your attempt to provide effective help to others?

Essay B: Select a value you hold that may make it difficult for you to objectively counsel with a certain client. Identify a potential source of value conflict between you and your client. Show how this difference in value orientation could affect the counseling process. Explore the issue of the way that your values are likely to affect the manner in which you work as a counselor.

Essay C: Take an ethical dilemma (perhaps one of the many that are given in Chapter 3) and show the steps you would take in the ethical decision-making process. How would you go about dealing with resolving this dilemma? How would you rate your objectivity about the dilemma?

Essay D: Select what you consider to be one of the major ethical issues in the practice or field of counseling, and address this particular issue. Perspectives to be considered are the historical, cultural and legal aspects, as well as possible areas such as race, gender, age, etc., if applicable. Is there a possible solution?

Essay E: Pick your "worst case" client and discuss why this is so and what approaches you would use to provide this client with services. Then pick your "best case" client and discuss why this is so. Then do a comparison to explore what commonalities, differences, expectations, etc., are involved.

Philosophy of G&C Paper: This paper will assist you to articulate your personal theoretical orientation to counseling and/or the helping professions. This paper must be typewritten, double-spaced, paginated and proofread. It is a required **minimum** 4-5 pages in main body length and should have an introduction, a summative conclusion, and may include (but is certainly not limited to) your personal, career, legal and philosophical perspectives that will guide your choices and actions in the field of Guidance and Counseling or other helping profession.

Field Interview: This hands-on experiential allows you to interview a person who is employed in an area of the G&C field in which you have professional interest. (Interviews usually run 20-30 minutes) **OUTLINES will be provided and discussed in class Week 3. Findings will be presented and discussed in class Week 7.** Due to the brevity of accelerated sessions, it is very important that this assignment be completed and turned in on time.

Lesson Plan/Presentation: The class presentation provides the opportunity to demonstrate and practice a technique, G&C approach, tool, theory or theorist in a professionally executed manner. In order to provide a guideline to accomplish this, a lesson plan is required and is to be turned in by Week 3. You will have approximately 20 minutes for your presentation. More time will be allotted if you are showing a video or presenting a topic that requires more time. (A maximum of 30 minutes should be sufficient.)

LESSON PLAN OUTLINE should contain the following information:

- 1) Your Topic.
- 2) Your Goal/Objective for the lesson.
- 3) Presentation sequence.
- 4) General timeline, including 1-2 minutes at the end for your Summary and class feedback.
- 5) Required audio-visual materials (tv/vcr; overhead, etc.)

****NOTE: SYLLABUS MAY BE ADJUSTED TO MEET THE NEEDS OF THE CLASS.**

COURSE REQUIREMENTS:

Assignments	GRADE VALUE: Points
Attendance and Participation.....	40
Experientials:	
Field Interview.....	40
Presentation.....	25
Papers:	
Lesson Plan for Presentation.....	05
Exploration Paper #1 (2 pages).....	10
Exploration Paper #2 (2 pages).....	10
Philosophy of G&C Paper (4-5 pages).....	30
Final Exam.....	40
TOTAL.....200	

NOTE: Attendance at all sessions is expected. Both the attendance and participation will affect a grade. Because this class is offered only once every 3rd semester, an I (Incomplete) grade cannot be given.

GRADING SYSTEM:

The total point value of assignments and participation is 200. Letter grades are based on the following point system:

180 - 200	A
160 - 179	B
140 - 159	C
120 - 139	D
Below 120	F

PSY 406 SYLLABUS

- WEEK 1** Course Introduction and Requirements
Survey of the Textbook and Student Manual
Icebreakers
Chapter 1: Introduction and Overview
Complete the Survey and T/F Questionnaire pgs. 6-12. Bring to class Week 2 for general discussion.
-
- WEEK 2** Discussion of Survey and T/F Questionnaire
Chapter 2: The Counselor-Person and Professional
Chapter 3: Ethical Issues in Counseling Practice
Complete the Survey pgs. 13-17 and the Quick Discrimination Index pgs. 23-25. Bring to class Week 3 for general discussion.
Presentation Topic Selections. Class Plan due Week 3.
-
- WEEK 3** Turn in Class Plans
Discussion of Survey and Quick Discrimination Index
Chapter 4: Psychoanalytic Therapy
Chapter 9: Reality Therapy
Exploration Paper #1 due Week 4.
-
- Week 4** Turn in EP#1. General discussion of findings.
Chapter 5: Adlerian Therapy
Chapter 8: Gestalt Therapy
Exploration Paper #2 due Week 5.
-
- Week 5** Turn in EP#2. General discussion of findings.
Chapter 6: Existential Therapy
Chapter 7: Person-Centered Therapy
Guidance and Counseling Philosophy Paper due Week 6.
-
- WEEK 6** Turn in G&C Philosophy Papers.
Chapter 10: Behavior Therapy
Chapter 11: Cognitive-Behavior Therapy
Field Interviews to be completed and results presented on Week 7.
-
- WEEK 7** Field Interviews/Presentation of Results
Chapter 13: An Integrative Perspective
Class Presentations
-
- WEEK 8** Chapter 12: Family Systems
Class Presentations
Video (If time permits)
-
- WEEK 9** Class Presentations
Final Exam Review
Retake of Chapter 1 Survey and Discussion of Results
-
- WEEK 10** FINAL EXAM
-