

**Texas A&M University – Commerce**  
**Department of Counseling**  
**COUN 510: COUNSELING THEORIES AND TECHNIQUES**  
**FALL 2014**

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**CATALOG DESCRIPTION OF COURSE**

510. *Counseling Theories and Techniques*. Three semester hours.

A study of the philosophical and theoretical bases of the helping process. Includes study of major counseling theories, basic helping skills, and applications to diverse populations. Also includes professional issues related specifically to the counseling process.

**General Course Information**

This course, along with COUN 501, serves as one of the basic introductory courses for the counseling curriculum. It is a requirement for all degree options, and should be taken early in the student's preparation. A grade of "B" or higher must be earned in COUN 501, 510, 528, and 516 (or its equivalent for those seeking school counselor certification only), which is required before practicum (COUN 551).

**Course Objectives include, but are not limited to, the following:**

1. The student will identify, explain, and/or describe generally accepted characteristics of effective helpers.
2. Students will differentiate counseling from traditional interpretations of guidance, psychotherapy, and consultation via explanation, description, or the identification of descriptive statements.
3. Students will distinguish between the outcome and process goals of counseling and consultation via explanation, description, or the identification of descriptive statements.
4. Students will identify, generate responses, and/or demonstrate appropriate behaviors which are consistent with the Ethical Standards and Standards of Practice of the American Counseling Association, including differentiating between ethical and legal issues.
5. Students will identify, explain, and/or describe characteristics and behaviors that influence helping processes, including, but not limited to age, gender, ethnicity, culture, race, lifestyle, verbal and nonverbal communication styles, personal characteristics, traits, capabilities and life circumstances.
6. Students will identify, describe, and/or apply appropriate counseling skills to

- client/consultees who are different from the counselor in terms of race, cultural background, gender, age, physical abilities, lifestyle, and/or other criteria.
7. Students will identify, describe, and/or apply appropriate counseling skills to clients who are reluctant or resistant.
  8. Students will identify, describe, and/or apply appropriate counseling skills to clients who are suicidal.
  9. Students will identify and/or list and describe the typical stages of counseling initial interview through termination.
  10. Students will identify, explain, apply, and/or evaluate hypothetical examples of basic listening, empathy, genuineness, unconditional positive regard, concreteness, immediacy, confrontation, self-disclosure, structuring, use of silence, nonverbal communication, and communication leads such as interpretation, probes, reassurances, questions, and restatements and reflections.
  11. Students will identify, explain, or demonstrate behaviors congruent with currently accepted, psychodynamic, cognitive-behavioral and affective counseling theories, techniques, and practices, including, but not limited to Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Behavioral, Cognitive-behavioral, Reality, Family Systems, and Solution-Focused.

## **TEXES COMPETENCIES**

### **Competency 004 (Program Management)**

The school counselor understands how to plan, implement and evaluate a developmental guidance program, including counseling services, that promotes all students' success

### **Competency 006 (Counseling)**

The school counselor understands how to provide effective counseling services to individuals and small groups.

### **Competency 010 (Professionalism)**

The school counselor understands and complies with ethical, legal, and professional standards relevant to the profession.

## **PROFESSIONAL CONDUCT**

***"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment" (See Student's Guide Handbook, Policies and Procedures, Conduct).***

### **Students with Disabilities:**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and Services  
Texas A&M University-Commerce  
Gee Library**

**Room 132**  
**Phone (903) 886-5150 or (903) 886-5835**  
**Fax (903) 468-8148**  
[StudentDisabilityServices@tamu-commerce.edu](mailto:StudentDisabilityServices@tamu-commerce.edu)

**Required Textbooks:**

Corey, G. (1996). *Theory and practice of counseling and psychotherapy* (Current edition). Pacific Grove, CA: Brooks/Cole.  
Corey, G. (1996). *Student manual for theory and practice of counseling and psychotherapy* (9th edition). Pacific Grove, CA: Brooks/Cole.

**Recommended Textbook:**

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

**Course Requirements and Grading:**

- Theory Reviews: You will be required to complete a theory review on each theory prior to covering the theory (please see the outline in this syllabus for more info.) Please see the Tentative course Calendar for the due dates. Please note that I will give no credit to those theory reviews which turned in after due date. You will do a total of 10 theory reviews for a total of 20 points. All your reviews must be submitted in APA format.
- Comparison Research Paper: Choose two theories of most interest to you. Using your text book and 4 original sources for each theory, write a compare/contrast paper. Topics to compare and contrast should include the following: nature of person, personality development, emotional maladjustment, counselor/client relationship, techniques, therapeutic goals, etc. Research paper must follow American Psychological Association (APA) guidelines and should not exceed 12 pages (including cover and reference page, no Abstract is necessary). You will be graded according to APA style (5 points), writing and organization, content (10 points), and references (5 points). Original source is defined as a peer reviewed journal article or book authored or co-authored by a major contributor of that particular theory.
- Exams: There will be three multiple-choice exams. The exams will cover your readings and lecture material. There will be no makeup test on any of the exams.

**Attendance: The student is expected to attend class regularly. University guidelines will be followed accordingly. Missing more than 2 classes will result in a drop in letter grade.**

**Grading**

- 3 Exams (20 points each) = 60
- Professional Paper = 20
- Theory review paper = 20
- Total = 100

**Grading Scale**

90-100 = A

80-89 = B

70-79 = C

60-69 = D

59 > = F

**Academic Conduct:** All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The instructor will adhere to all University policies pertaining to attendance, make-up tests, cheating, plagiarism, withdrawal, incompletes, and final exams. Students are expected to be familiar with these policies and procedure. Cheating on examinations, submitting work of other students as your own or plagiarism in any form will result in penalties ranging from an "F" on an assignment to expulsion from the university (See Student's Guide Handbook, Polices and Procedures, Conduct).

**Professional Conduct:** Students are expected to adhere to the Code of Ethics of the American Counseling Association. Any behavior, which is deemed unethical, will be grounds for review of the student by the program faculty.

**UNIVERSITY CLOSING DUE TO WEATHER**

Check <http://www.tamu-commerce.edu/> regarding class cancellations. Also, KETR radio on 88.9 FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area).

## TENTATIVE COURSE SCHEDULE

Date	Chapter	Assignment
08/25 Week 1	Text (Chapter 1)	Introduction and overview
<b>09/1</b> <b>Week 2</b>	<b>LABOR DAY NO CLASS</b>	
09/8 Week 3	Text (Chapter 2) Manual (Chapter 2)	The Counselor: Person and Professional
09/15 Week 4	Text (Chapter 3) ACA website: <a href="http://www.counseling.org">www.counseling.org</a>	ACA Code of Ethics
09/22 Week 5	Text (Chapter 4) Manual (Chapter 4)	Psychoanalytic Therapy (Review Due)
<b>09/29</b> <b>Week 6</b>	Text (Chapter 5) Manual (Chapter 5)	Adlerian Therapy (Review Due)
10/6 Week 7	Text (Chapter 6) Manual (Chapter 6)	<b>FIRST EXAM</b> <b>(chapters 1-5)</b> Existential Therapy (Review Due)
10/13 Week 8	Text (Chapter 7) Manual (Chapter 7)	Person-Centered Therapy (Review Due)
10/20 Week 9	Text (Chapter 9) Manual (Chapter 9)	Behavior Therapy (Review Due)
10/27 Week 10	Text (Chapter 10) Manual (Chapter 10)	Cognitive-Behavior Therapy/Rational Emotive Behavior Therapy (Reviews Due)
11/3 Week 11	Text (Chapter 11) Manual (Chapter 11)	<b>SECOND EXAM</b> <b>(chapters 6-7; 9-10)</b> Reality Therapy (Review Due)
11/10 Week 12	Text (Chapter 12) Manual (Chapter 12)	Feminist Therapy (Review Due)
11/17 Week 13	Text (Chapter 13) Manual (Chapter 13)	Post Modern Approaches (Review Due) <b>TERM PAPERS DUE</b>
11/24 Week 14	<b>HAPPY THANKSGIVING</b>	
12/1 Week 15	Text (Chapter 14) Manual (Chapter 14)	Family Systems Therapy (Review Due)
12/8 Week 16	<b>FINAL EXAM</b> <b>(chapters 11-14)</b>	

**THEORY REVIEW AND TERM PAPER WRITE-UP**

Points to cover in the theory review write-up and the final position paper on selected theories.

(the following points need to be included as a minimum in your papers).

- 1) Founder(s) of the theory.
- 2) Nature of the person including innate capacities and/or capabilities, if any, and motivational
- 3) constructs according to the theory.
- 4) Nature of maladjustment (how do people develop mental illness) according to the theory.
- 5) Goals of counseling therapy according to the theory.
- 6) Role and activity of the counselor, including:
  - a. major techniques used in the therapy
  - b. diagnosis and appraisal devices
  - c. evaluation of client progress in therapy