

## **Counseling 410 INTRODUCTION TO COUNSELING THEORY/METHODS FALL 2015 SYLLABUS**

**Instructor:** Timothy Sneed

**Office Location:** CHEC

**Office Hours:** Mondays 7:20 p.m. – 10:00 p.m.

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### **COURSE INFORMATION**

#### **Course Text**

##### Required:

1.) Corey, G. (2009). Theory and practice of counseling and psychotherapy (9<sup>th</sup> ed.). Belmont, CA: Brooks/Cole.

##### Optional (*but highly recommended*):

American Psychological Association Publication Manual (6th ed). Washington, DC: American Psychological Association

#### **Course Description**

This course provides a general overview of the major counseling theories, an introduction to counseling techniques, the conditions that facilitate an effective counseling relationship, stages in the counseling process, and professional ethics.

#### **Objectives**

##### **Goals/Rationale of the Course**

1. The student will become familiar with various aspects of the counseling relationship.
2. The student will recognize and understand the purpose and need of counseling theory.
3. The student will become familiar with traditional and more recent counseling theories and their application to the counseling process.
4. The student will become familiar with cultural considerations within each theory.
5. The student will become familiar with the ACA Code of Ethics.

##### **Student Learning Outcomes**

The student will:

1. Be an active and engaged participant in discussions by analyzing, constructing/creating, and evaluating information presented within the textbook, external readings/resources, student research, and class activities and sharing personal observations and opinions.
2. Become familiar with professional peer-reviewed Counseling journal publications and APA style of writing
3. Identify basic counseling theoretical orientations and their founders

## FLEXIBLE COURSE REQUIREMENTS

### Method of Instruction

This course will utilize lecture, class discussions, role plays, experiential activities and possibly, video demonstrations, to achieve the learning objectives.

### Assignments

**Exams (100 pts. Each):** There will be 2 exams for the course. Questions will consist of a mix of multiple choice, true/false, fill-in-the-blank, short answer, and matching type questions. Exams will be completed in class on the day the exam is scheduled. There will be **NO MAKE-UP EXAMS**

**Theory Presentation (100 pts.):** Students will complete a presentation covering a theory of counseling that has been assigned to them. Presentations can be done utilizing any method comfortable to the student (Power Point, Prezi, white board, etc.). At a minimum, the student will provide a handout to the class and cover the following:

- 1.) Major contributors/developers
- 2.) Major works/titles/research
- 3.) Key concepts/theoretical underpinnings
- 4.) Therapeutic techniques and procedures

Presentations are to be 20 minutes in length at a minimum and no more than 30 minutes. Students may use video as part of the presentation, but will still be expected to cover all aspects of the assignment and stay within the time limits.

**Theory of Change Paper (100 pts):** Double space, 12 pt. TNR, use correct spelling and grammar, include a cover page, staple (no plastic covers, binders etc.). Paper length should be about 3 pages. This is an opinion paper however, there needs to be demonstration of effort in the work submitted. ***Address in your paper your opinion on how people change (i.e., what's necessary for change to take place)? In addition, address what's most important as it relates to being an agent of change (i.e., techniques/interventions, or the therapeutic relationship between client and therapist).***

### Grading

Total possible points for the semester = 400

**A** 360-400 points

**B** 320-359 points

**C** 280-319 points

**D** 240-279 points

**F** < 240 points

### Late Assignment Policies

All assignments are due on the given assignment date, at the beginning of class. Computer problems are not an excuse for missed/late assignments. Do not email assignments to me unless you have discussed the situation with me and I have given

you permission via email to send the document. **Remember the subject line should read “Counseling 410”.**

## **COMMUNICATION AND SUPPORT**

The best way to communicate with me between classes is email. Please use “Counseling 301” in the subject of your email. In the content part of your email be sure to include your first and last name and the best phone number in which I can contact you, if necessary. I respond to my emails daily. If you do not hear from me within 24 hours, please contact me at 903-957-4820, leaving your first and last name and, again, the best number I can contact you. Also, I will be more than happy to meet with you if needed. Contact me so that we can set up a convenient time and location.

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Academic Integrity**

Academic integrity is the pursuit of scholarly work free from fraud and deception and is an educational objective of this institution. Texas A&M University-Commerce has explicit rules and regulations governing academic dishonesty and academic misconduct. As the University states, **“All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment.”** These policies are stated in detail in the Student’s Guide Handbook. Each student is expected to read this document and abide by the contained policies. These university policies will be followed in this class. The minimum penalty for an act of academic dishonesty will be the assignment grade of “0” on the homework assignment. The maximum penalty is expulsion from the University. Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic dishonesty. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. “Academic dishonesty” includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one’s own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse, (destruction, defacing or removal of resource material. If you are unsure what constitutes plagiarism and how to avoid it, visit the following websites:

<http://www.plagiarism.org/>

<http://www.unc.edu/depts/weweb/handouts/plagiarism.html>

<http://www.indiana.edu/-wts/pamphlets/plagiarism.html>

### **Attendance and Participation**

Students are expected to attend all scheduled classes. More than 3 absences (excused or unexcused) will negatively affect your grade. Participation in class activities, including discussion groups and in-class assignments, is a component of attendance. Failure to prepare and participate effectively will negatively impact the learning processes devised for the class. “All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment” (Student Guide Book, pp. 67-73). Arrive to class on time and **do**

**not pack up early.** If you know ahead of time you will be late or will need to leave early please notify me by email at least a day in advance. Contributions, on a regular basis, to class discussions are expected. Reading assigned work and course material is expected.

Students may choose to use their laptop computers for note taking (if necessary).

### **Withdrawal Policy**

Every student has the right to drop the course without penalty until the last drop-date. Students dropping the course during this period will be given a DP (drop while passing). A grade of DP is GPA neutral, but a grade of DF counts as an F on your transcript. If you choose to stop attending class, you may be dropped from the course due to excessive

absences. If you are not satisfied with your grade in the course and wish to drop, it is YOUR responsibility to drop the course. Once the grade of DP or DF has been registered, I will not be able to change it. A student may drop a course by logging into their myLEO account and clicking on the hyperlink labeled "Drop a class" from among the choices found under the myLEO section of the web page.

### **ADA Statement**

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 132**

**Phone (903) 886-51512 or (903) 886-5835**

**Fax (903) 468-8148**

StudentDisabilityServices@tamu-commerce.edu

Student Disability Resources & Services

### **Student Conduct**

Polite and civil interactions with all members of the class is expected. ("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). All students are expected to conduct themselves in a professional manner at all times.

• **All electronic games, radios, CD players, or other devices must be silenced when you enter the classroom.**

• **All communication devices must be on silent (we all know "vibrate" is not silent).**

• **I expect every student to have the utmost respect for their peers in class, especially when discussing experiences of a sensitive or personal nature. Students are reminded disclosures in the classroom setting are to be kept confidential.**

• Discriminatory, rude and, inappropriate language will not be tolerated in this class and the student(s) choosing to act in a discriminatory or rude manner or use inappropriate language will be asked to leave the class. Disruption of class or inconsiderate behavior will not be tolerated. If the student continues to act in the same manner during future classes, the instructor reserves the right to drop the student from the course.

**University closing due to weather**

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

## COURSE OUTLINE/CALENDAR

### Flexible Schedule

08/31 Introductions, course overview, expectations, material, syllabus, etc.  
09/07 -----**NO CLASS; LABOR DAY**-----  
09/14 Chapters 1 & 2: Lecture  
09/21 Chapter 3: Lecture  
09/28 Chapter 4: **2 Presentations**; Lecture  
10/05 Chapter 5: **Presentation**; Lecture  
10/12 LIBRARY (NO CLASS);  
10/19 Chapter 6: **Presentation**; Lecture  
10/26 Chapter 7: **Presentation**; Lecture; **Take Home Exam (Due next week)**  
11/02 Chapter 8: **Presentation**; Lecture  
11/09 Chapter 9, 10, & 11: **3 Presentations**; Lecture  
11/16 Chapter 12: **Presentation**; Lecture  
11/23 Chapter 13: **2 Presentation**; Lecture  
11/30 Chapter 14: **2 Presentations**; Lecture  
12/07 TBD; **2 Presentations**; **Theory of change paper due**  
12/14 Course wrap-up; **Take Home Exam (due 12/18 by 5:00 p.m.; submit via e-mail)**