

COUN 548: ADVANCED COUNSELING SKILLS
TEXAS A&M UNIVERSITY-COMMERCE
DEPARTMENT OF PSYCHOLOGY, COUNSELING AND SPECIAL
EDUCATION
Mesquite Metroplex Center
Summer I &II
Wednesdays (5pm-9pm)

INSTRUCTOR

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OFFICE HOURS

Wednesdays 4pm-5pm (Mesquite)
(Or as arranged)

CATALOG DESCRIPTION OF THE COURSE

548. Advanced Counseling Skills. 3 Semester Hours. A laboratory-based, experiential course, Advanced Counseling Skills will merge the continued development of basic skills with theoretically based conceptualization skills and techniques. Students will examine their intrapersonal alignments with chosen theoretical orientations. Students will practice theoretically consistent conceptualization skills and techniques. Students will be expected to adhere to ACA Ethical Standards. A grade of "B" or higher must be earned in COUN 516. Prerequisites: COUN 501, 510, 528 and 516.

COURSE OBJECTIVES/STUDENT LEARNING OUTCOMES

At the completion of this course, students will be expected to:

1. Demonstrate knowledge of the theoretical foundations of counseling, systematically articulate professional philosophy, and integrate this philosophy into practice. (5d)
2. Demonstrate self-awareness with regard to personal values and cultural worldview.
3. Demonstrate an understanding of the ongoing relationship between personal self-care and professional effectiveness. (5a, 5b)
4. Explain and demonstrate skills in managing the counseling session: opening and closing the session, appropriately directing the session. (5c)
5. Provide clear and constructive feedback to classmates.
6. Demonstrate advanced skills that address clients' cognitive, behavioral and emotional concerns. These skills include but are not limited to: challenging

- distorted thinking/beliefs, confrontation and challenging discrepancies, and responding to resistance.
7. Accept and implement feedback from the instructor and classmates.
 8. Demonstrate appropriate intervention strategies that integrate theory, client assessment information, and accepted professional counseling skills while providing a safe therapeutic environment. (5b; 5c)
 9. Demonstrate assimilation and accommodation of individual differences that include but are not limited to differences of age, gender, race, ethnicity, sexual orientation, spiritually, socioeconomic class, and educational level, and implement this understanding in personal, professional, and community relationships. (2b, 2c)

METHODS OF INSTRUCTION

Lecture, seminar and supervised practical application will be implemented.

REQUIRED TEXTS

Ivey, A., Ivey, M. & Zalaquett, C.P. (2013). *Intentional interviewing and counseling: Facilitating development in a multicultural society* (8th ed.). Pacific Grove, CA: Brooks/Cole. ISBN-13: 978- 1285065359

Yalom, I. (2012). *Love's executioner and other tales of psychotherapy*. New York: Basic Books. ISBN 978-0-465-02011-9

RECOMMENDED TEXTS

Corsini, R.J. & Wedding, D. (Eds.). (2014). *Current psychotherapies* (10th ed.). Belmont, CA: Thomson Brooks/Cole.

Hartsell, T.L. & Bernstein, B.E. (2008). *The portable ethicist for mental health professionals: A complete guide to responsible practice*. (2nd ed.). New York: John Wiley & Sons.

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@tamuc.edu

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*). Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <http://www.albion.com/netiquette/corerules.html>

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

UNIVERSITY CLOSING DUE TO WEATHER

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

Course Requirements:

Class participation: 20% of grade – classroom contribution of a quality that reflects knowledge of readings, texts, reference material, and occasional written assignments. This includes a journal based on personal reactions to the Yalom text readings Chapters 1, 2, 3, 4, and 7 due on July 10 at the beginning of class. This also includes attendance; more than one unexcused absence will affect the final grade. (See statement on attendance for more detail.)

Skill Development: 40% of grade – this is composed of two components: (1) Video #1 with typed transcript and correction transcript due July 13 (2) Video #2 with typed transcript and correction transcript due August 3.

Personal Counseling Style: 20% of grade – a written summation examining your counseling style that evolves over the term as related to the subject matter discussed in class and the experiential class exercise and homework assignments. Due at the beginning of class, July 20.

Final Exam: 20% of grade – an objective/short essay exam covering the entire course administered in class on August 10.

Grade Assignment

Class participation	20
Skill development #1	20
Skill development #2	20
Personal style paper	20
<u>Final exam</u>	<u>20</u>
Total	100

Tentative Course Outline:

- June 8 Review Syllabus, Introductions
Chapters 1 & 3 I
Attending Skills, Advice-giving, Counselor traits
- June 15 Chapter 4 & 5 I
Questions, Observation skills
- June 22 Chapter 6 I
Encouraging, paraphrasing, summarizing
Chapter 7 I
Observing and reflecting feelings
- June 29 Chapter 8 & 9 I
Format for interviews, Empathy
- July 6 **No Class Meeting. Work on style paper.**
- July 13 Chapters 10 & 11 I
Confrontation, Exploring meaning, working with cognition
Video #1 and Transcription Due
- July 20 Chapter 12 I
Influencing skills
Counseling Style Paper Due
- July 27 Chapter 2 & 13 I
Ethical Issues, Superficial Empathy
- August 3 Chapter 14 & 15 I,
Integrating with theory, personal style, Self-care
Video #2 and Transcription Due
- August 10 **Journal due; Final Exam.**