

# Counseling 410

*Introduction to Counseling Theory/Methods: Fall 2016*

## INSTRUCTOR INFORMATION

**Instructor:** Candace Chuyou-Campbell, M.S., LPC, RPT

**Office Location:** CHEC

**Office Hours:** I will be on campus shortly before 4:30. Therefore, my hours will be by appointment only.

**Preferred Form of Communication:** The easiest way to get a hold of me is through email. If you need to set up an appointment, please email me in advance to set up an appointment time.

**Communication Response Time:** I will try to respond quickly. If you do not hear back from me within 24 hours, please email me again. All forms of email need to have the COUN 410 in the subject line.

## COURSE INFORMATION

### ***Textbook(s) Required***

Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10<sup>th</sup> ed.). Belmont, CA: Brooks/Cole.

### ***Optional Texts and/or Materials***

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.

### **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

## **COURSE REQUIREMENTS**

### ***Instructional Methods***

This course will utilize mainly lectures and class discussions, but role-plays, videos, and any other methods that help enhance the learning experience may be used.

### ***Student Responsibilities***

As learners, you are expected to read all assigned materials and actively participate in the course. Active participation constitutes giving thoughtful responses. **If I feel students have not come prepared for class, a pop quiz will be given.** So please be prepared. During the discussions, it is expected that each student be respectful and polite to one another when interacting.

Discriminatory, rude and, inappropriate language to either me or your fellow students 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.** Please read the student handbook regarding student conduct.

### ***Electronics***

It is disrespectful and a distraction to me and your fellow classmates to be texting, checking emails, posting on social media, or being online during class. **Please keep all electronics put away and your cell ringer to silent (not vibrate).** The only time you may have your phone out is if you have cleared it with me, if it is part of a class activity, or if we are taking a break.

## **Course Assignments and GRADING**

### **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. An exam will be completed in class on the day the exam is scheduled. There will also be a take home exam that must be completed individually. **Students MAY NOT** work together on the exam. 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).

Final grades in this course will be based on the following scale:

- 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".

### **ATTENDANCE AND PARTICIPATION**

Active attendance is defined as arriving to class on time, prepared for the day's lesson, participating in in-class activities, and remaining for the entire class period. Absences will be excused for those specific reasons stated in the Student's Guidebook (pg. 36-37) with written documentation. Students will be permitted to make up missed activities, tests, etc. within a week for un-foreseen excused absences. For any predetermined absences or unexcused absences (oversleeping, work conflicts, taking care of a sick child, etc.) students must submit assignments on or before the assigned due date to avoid penalty. Every three classes in which the student misses part of the class, but less than 15 minutes of the class, will equate to one absence. Every 3 unexcused absences

may result in the drop of a letter grade (10 points) from the student's final grade. Excessive absences prior to midterm may result in an administrative drop from the course by the instructor. **It is up to the student to find out what was missed and obtain those notes/handouts so he/she will not fall behind.** Please read [Procedure 13.99.99.R0.01](#) in the student handbook for more information about student attendance.

## **COMMUNICATION AND SUPPORT**

The best way to communicate with me between classes is email. Please use "Counseling 410" 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. 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**

### ***University Specific Procedures***

#### ***Academic Integrity***

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

### ***ADA Statement***

#### **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

Email: [Rebecca.Tuerk@tamuc.edu](mailto:Rebecca.Tuerk@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### ***Nondiscrimination Notice***

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.

### ***Campus Concealed Carry Statement***

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

## COURSE CALENDAR

This is a tentative course calendar. It is subject to change at the discretion of the course teacher.

<u>Week/Date</u>	<u>Class Activity</u>	<u>Assignment</u>
Week 1: August 29	Introductions Course overview/Syllabus Chapters 1 & 2	
Week 2: September 5	<b>Labor Day-No Class</b>	Read Chapter 3 for next class
Week 3: September 12	Chapter 3- Ethics Theory Assignment	Read Chapter 4
Week 4: September 19	Chapter 4- Psychoanalytic	
Week 5: September 26	<b>Library time to work on presentations</b> <b>No Class</b>	Read Chapter 5
Week 6: October 3	Chapter 5- Adlerian Student Presentation	Read Chapter 6
Week 7: October 10	Chapter 6- Existential Student Presentation	Read Chapter 7 Take Home Midterm
Week 8: October 17	Chapter 7- Person Centered Student Presentation	<b>Take Home Midterm Due</b> Read Chapter 8

Week 9: October 24	Chapter 8- Gestalt Go over midterm Student Presentation	
Week 10: October 31	<b>Work on Theory of Change Paper</b>  <b>No Class</b>	Read Chapter 9
Week 11: November 7	Chapter 9- Behavior Therapy Student Presentation	Read Chapter 10
Week 12: November 14	Chapter 10- Cognitive Behavior Therapy Student Presentation	Read Chapter 11
Week 13: November 21	Chapter 11- Reality Therapy Student Presentation	Read Chapter 14
Week 14: November 28	Chapter 14- Family Systems Student Presentation	
Week 15: December 5	Review for Midterm Which theory fits you?	Study for your final <b>Theory of Change Paper Due</b>
Week 16 December 12	Final Exam	