



**TEXAS A&M UNIVERSITY-COMMERCE
DEPARTMENT OF PSYCHOLOGY, COUNSELING AND SPECIAL
EDUCATION**

**548: Advanced Counseling Skills
Mesquite Metroplex
Spring 2017
Monday (7:20pm-10pm)**

INSTRUCTOR

Brooke Leird, Ph.D., LPC-S, LCDC
Department of Counseling
Texas A&M University-Commerce
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OFFICE HOURS

Mondays before class. Please talk with me to arrange a time.

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

Conte, C. (2009). *Advanced techniques for counseling and psychotherapy*. New York, NY: Springer Publishing.

Young, M. E. (2013). *Learning the art of helping: Building blocks and techniques* (5th ed.). Englewood Cliffs, NJ: Prentice-Hall. ISBN-10: 0132627507, ISBN-13: 978-0132627504

Zimmerman, M. (2013). *Interview guide for evaluating DSM-5 psychiatric disorders and the mental status examination*. East Greenwich, RI: Psych Products Press.

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.

Ivey, A. E., Ivey M. B., & 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

Encrypted flash drive –I would suggest at least 32 GB.

ACCOMMODATIONS FOR 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

CONDUCT AND ACADEMIC HONESTY

"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, Polices and Procedures, Conduct) "Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work." (See Section A13.12, Academic Honesty, A&M-Commerce Procedures.)

DISCRIMINATION FREE ENVIRONMENT

A&M-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 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).

CAMPUS CONCEALED CARRY

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 <http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). 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.

SYLLABUS CHANGE POLICY

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

ATTENDANCE AND LATE POLICY

Attendance in this class is important. Even missing one class may hinder your skill

development. If you know that you are going to miss a class, email or call me prior to class. Make every attempt to be on time. Arriving late will affect your grade.

Late assignments will start at 50% if the assignment is submitted to the professor before the next class after the assignment due date. If the late assignment is not submitted by the next class, the student will receive a zero on the assignment.

COURSE REQUIREMENTS

- **ATTENDANCE/PARTICIPATION (20%)**
Regular class attendance is required. As this is a developmental based clinical course, more than one (2) absences will jeopardize successful completion of the course, i.e. **grade will be lowered**. Appropriate (as defined by instructor) level of interaction/participation during classroom discussions and presentations is expected.
- **SKILL DEVELOPMENT~ 3 TAPES (30%)**
3 video tapes with critique and selected transcripts. Each tape will build on the one before it. As such I will expect your skills to be more developed and refined at the end of the semester than at the beginning and thus evaluations will reflect this assumption. (Grading rubric will be discussed.)
- **PERSONAL COUNSELING PAPER (20%)**
A written summation examining your counseling style and theoretical orientation that evolves over the term as related to the subject matter discussed in class and the experiential class exercises and assignments. APA guidelines will be followed for this paper.
- **FINAL TAPE & TECHNIQUE PRESENTATION (30%)**
Your final tape (tape #4) will be used to present an advanced counseling technique. Each student will also provide a handout of his or her technique's presentation to be distributed to each class member. Include the description of the technique; the theory/approach from which it originates; a recent/selected literature review of its effectiveness; and the populations/settings in which the technique may be most or least effective. The presentation will be approximately 20-30 minutes.

<u>Grade Assignment</u>		<u>Grading Scale:</u>
Attendance/Participation	20	A- 90-100
Skill development #1	10	B- 80-89
Skill development #2	10	C- 70-79
Skill development #3	10	D- 60-69
Personal style paper	20	F- 59 and below
<u>Session Presentation</u>	<u>30</u>	
Total	100	

TENTATIVE COURSE OUTLINE

DATE	TOPIC (may vary)	ASSIGNMENTS
01/23	Syllabus & Course Expectations	Introductions

REMAINDER OF OUTLINE WILL BE DISTRIBUTED FIRST DAY OF CLASS