



COUN 410.51E Intro Counseling Theory/Methods

COURSE SYLLABUS: Fall 2017

TR 7:20-10:00 pm Location: CHEC - McKinney

INSTRUCTOR INFORMATION

Instructor: Melissa McCarthy, M.A., LPC, NCC, Doctoral Student

Office Location: CHEC/McKinney

Office Hours: Schedule as needed.

Office Phone: 214-945-4460

Office Fax: 903-886-5991

University Email Address: melissa.mccarthy@tamuc.edu

Preferred Form of Communication: University Email Address with Student Name and Class Name in the subject line.

Communication Response Time: Most cases within 48 hrs.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required

Corey, G. (2017). *Theory and Practice of Counseling and Psychotherapy* (10th ed.). Boston, MA: Cengage Learning ISBN 978-1-305-26372-7

Software Required

N/A

Optional Texts and/or Materials

N/A

Course Description

Three credit hours. This course will focus on the literature on groups, group dynamics and leadership. The class will also offer personal experiences in individual growth through group participation.

Student Learning Outcomes

1. To provide you with information about the therapeutic process and the practical elements of the counseling interaction.

2. To provide you with an experiential laboratory to learn and practice listening and attending skills essential to the counseling process.
3. To expose you to a variety of ethical and professional issues in counseling and to guide you in developing a position on these issues.
4. To develop an interest in reading in the counseling field.
5. To develop self-evaluation skills, writing skills, and critical thinking skills.
6. To encourage your integration of theoretical and experiential learning in order to form your own personal model of the counseling process.
7. To challenge you to look at your own qualities that support and hinder your attempts at being therapeutic for others.
8. To gain an understanding of ways of applying 11 theories to specific cases. (See the case of Stan in the TPCP text). You will have opportunities to practice working with these cases.
9. To encourage you to apply all the theories you are studying to yourself personally.
10. The student will become familiar with and be able to identify on examinations.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word and PowerPoint, using presentation and graphics programs, etc.

Instructional Methods

Lecture by teacher, class discussion, discussion groups, group activities, reading assignments, open textbook study, problem solving and case studies, video presentations, exams, outside of class assignment, and other methods as deemed necessary by the instructor.

Student Responsibilities or Tips for Success in the Course

Attend class on time, read assigned reading, complete all assignments on time, active class participation, cell phones on silent, laptops closed, contact instructor if you fall behind or struggling with work PRIOR to the due date (I cannot help you if you wait until the due date), respect instructor and classmates, communicate with instructor if there is a problem and other tips that might be included by the instructor.

Respect confidentiality!

Confidentiality is a necessity. Students might volunteer to share personal information during class discussions or demonstrations. This is an important part of the learning experience and the student's right to privacy must be respected by all. Being actively involved in the class sessions and the small groups entails some level of personal self-disclosure. Because of the nature of the vulnerability, trust, and openness needed to learn about counseling, it is extremely important that confidentiality be maintained.

Revealing personal information about others outside of the classroom is a breach of confidentiality. If you wish to share with others outside of the classroom, please reveal only your own reactions and understanding and avoid using names or identifying features of your classmates. It is expected that anyone who participates in a demonstration of either an individual session in this course will have his or her confidentiality respected.

Please do not record any lectures, discussions, or demonstrations. Recording parts of class sessions could well pose problems with respect to confidentiality and privacy. Please make sure to turn all cell phone and electronic devices off before entering the classroom. Again, no recording of any aspects of the course is allowed. I also request that you not bring your laptops to the class sessions.

GRADING

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

A = 360-400

B = 320-359

C = 280-319

D = 240-279

F = <240

Participation 50

Theory of Change 100 - due 10/08/18 start of class

Article Review 100 - due 11/19/18 start of class

Reflection Paper (15) 150 (10 pts each) weekly start of class

Assessments

1. Self-Reflection & Discussion Papers – Weekly – 150 pts. (10 pts each)

Every Monday, at the start of the class period, the student will submit a hard copy reflection paper. No exceptions! The questions for chapters 1-3 will be due on the day the chapter is assigned. Chapters 1-3 questions are listed below. For chapters 4-15 the student will select two (2) of the self-reflection & discussion questions, at the end of the chapter, and answer in detail. The paper will be 1-2 papers, 12 pt. Times Roman, double spaced.

Reflective Questions for Chapters 1-3

Chapter 1

- 1) Which model interested you the most and why?
- 2) Which case study interested you the most and why?

Chapter 2

- 1) What personal characteristics (2 or 3) of an effective counselor do you think are the most important and why?

- 2) What issues faced by beginning therapists (2 or 3) do you think will be challenging to you and why?

Chapter 3

- 1) Do you think the Counseling profession should have ethics and why?
- 2) List the exceptions to confidentiality and privileged communication and explain what to do if you are not clear about your obligations.

Quality writing skills.

- Write directly and informally yet write in standard English.
- I encourage you to use personal examples and to support your points with these examples when appropriate.
- Make sure your essays reflect university-level writing skills: - Use complete sentences - Develop your paragraphs - Check your spelling - Put together a paper that reflects quality
- You might ask someone to proofread your paper.
- It is essential that you keep strictly within the established page limitations.

2. Theory of Change Paper (100 pts): Due 10/08/18 Beginning of Class

Double space, 12 pt. Times New Roman, use correct spelling and grammar, include a cover page, staple (no plastic covers, binders etc.). Paper length should be about 3-5 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.

Quality writing skills.

- Write directly and informally yet write in standard English.
- I encourage you to use personal examples and to support your points with these examples when appropriate.
- Make sure your essays reflect university-level writing skills: - Use complete sentences - Develop your paragraphs - Check your spelling - Put together a paper that reflects quality
- You might ask someone to proofread your paper.
- It is essential that you keep strictly within the established page limitations

3. Article Review (100 pts.): Due 11/19/18 Beginning of Class

Students will locate an article, from a peer-reviewed journal, that relates to one of the theories presented in the textbook and write an article review. The journal must be approved by the professor. The paper will be written in APA format using the outline provided. Points will be deducted for misuse of APA format. The page requirements are 3-5 pages.

- 1) Find Main Idea. In a summary, you want to identify the main idea of the article and put this information in your own word.
- 2) Identify Important Arguments.
- 3) Write your Summary. Your summary should start with the author's name and the title of the work.

Quality writing skills.

- Write directly and formally using standard English.
- Make sure your essays reflect university-level writing skills: - Use complete sentences - Develop your paragraphs - Check your spelling - Put together a paper that reflects quality
- You might ask someone to proofread your paper.
- It is essential that you keep strictly within the established page limitations.
- APA format is required.

4. Participation: (50 pts)

Participation includes being fully prepared for class including all readings and assignments completed prior to class time. Students are required to interact with the professor, presented information, and in-class discussions to obtain full credit. Being late or missing class can negatively impact the student's participation grade.

TECHNOLOGY REQUIREMENTS

- To fully participate in online courses, you will need to use a current Flash enabled internet browser. For PC and Mac users the suggested browser is Mozilla Firefox.
- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning

management system. The most current version of Java can be downloaded at:
[JAVA web site http://www.java.com/en/download/manual.jsp](http://www.java.com/en/download/manual.jsp)

- Current anti-virus software must be installed and kept up to date.
- Run a browser check through the Pearson LearningStudio Technical Requirements website. [Browser Check http://help.ecollege.com/LS_Tech_Reg_WebHelp/en-us/#LS_Technical_Requirements.htm#Browset](http://help.ecollege.com/LS_Tech_Reg_WebHelp/en-us/#LS_Technical_Requirements.htm#Browset)

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader https://get.adobe.com/reader/](https://get.adobe.com/reader/)
 - [Adobe Flash Player \(version 17 or later\) https://get.adobe.com/flashplayer/](https://get.adobe.com/flashplayer/)
 - [Adobe Shockwave Player https://get.adobe.com/shockwave/](https://get.adobe.com/shockwave/)
 - [Apple Quick Time http://www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.
- For additional information about system requirements, please see: [System Requirements for LearningStudio https://secure.ecollege.com/tamuc/index.learn?action=technical](https://secure.ecollege.com/tamuc/index.learn?action=technical)

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “[click here](#)” to submit an issue via email.



System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

I will make every effort to respond to your correspondence in a reasonable timeframe, usually within 48 hrs. If you ask questions that need further assistants, the response may be delayed. All exams and assignments will be returned and/or recorded within 7 days of the due date. If there is going to be a delay I will let you know prior to the 7 days.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Attendance sheets will be available every class period. It is the student's responsibility to sign in every class period. Students should contact the instructor, via email, prior to class period regarding any absence or lateness. Excessive absences or lateness will impact your final grade.

Late work is not excepted unless specified by the instructor. This conversation **MUST** happen prior to the due date.

Missed Exams are not made up unless specified by the instructor. This conversation **MUST** happen prior to the due date.

Quizzes will be given if the class participation deems it necessary.

Extra credit is not accepted.

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.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).
<http://www.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](#)
<http://www.albion.com/netiquette/corerules.html>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).
<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

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](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

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

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>

COUN 410.51E - Intro Counseling Theory/Methods

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.

COUN 410.51E - Intro Counseling Theory/Methods

Date	Topic	Reading Due	Assignment
08/27/18	Introductions, Syllabus, & Chapter 1	Chapter 1	Chapter 1 Questions
09/03/18	Chapter 2 & 3	Chapter 2 & 3	Chapter 2 & 3 Questions
09/10/18	Chapter 4	Chapter 4	Chapter 4 Questions
09/17/18	Chapter 5	Chapter 5	Chapter 5 Questions
09/24/18	Chapter 6	Chapter 6	Chapter 6 Questions
10/01/18	Chapter 7	Chapter 7	Chapter 7 Questions
10/08/18	Chapter 8	Chapter 8	Chapter 8 Questions Theory of Change Paper Due beginning of class
10/15/18	Chapter 9	Chapter 9	Chapter 9 Questions
10/22/18	Chapter 10	Chapter 10	Chapter 10 Questions
10/29/18	Chapter 11	Chapter 11	Chapter 11 Questions
11/05/18	Chapter 12	Chapter 12	Chapter 12 Questions
11/12/18	TCA	TCA	
11/19/18	Chapter 13	Chapter 13	Chapter 13 Questions Article Review Due beginning of class
11/26/18	Thanksgiving	Thanksgiving	
12/03/18	Chapter 14	Chapter 14	Chapter 14 Questions
12/10/18	Chapter 15	Chapter 15	Chapter 15 Questions