



TEXAS A&M UNIVERSITY  
**COMMERCE**

**Counseling 410: Introduction to Counseling Theory and Methods**  
**Course Syllabus, Fall 2020**  
*Online Class*

**INSTRUCTOR INFORMATION**

Instructor: Chester Robinson, PhD, NCC, GCDFI  
Office Location: Binnion 224  
Office Hours: Virtual - By appointment  
Phone: (903) 366-2125  
University Email Address: Chester.Robinson@tamuc.edu  
Preferred Form of Communication: Email, then text, then phone (text before calling)  
Communication Response Time: Typically 24 hours, except weekends. Emails received after 1200 on Fridays may not be reviewed until Monday after 0800.

**COURSE INFORMATION**

**Textbook(s) Required:**

Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10<sup>th</sup> ed.). Cengage Learning.

American Counseling Association. (2014). *ACA Code of Ethics*. Alexandria, VA: Author.

**Optional Texts and/or Materials:**

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7<sup>th</sup> ed.). <https://doi.org/10.1037/0000165-000>

**Course Description**

*COUN 410: Introduction to Counseling Theory and Methods*

Three semester hours. This course provides a general overview of counseling theories, an introduction to counseling techniques, the conditions which facilitate an effective counseling relationship, and stages in the counseling process. Students will be introduced to the foundational counseling theories necessary for success in more advanced counseling courses. Students will become familiar with the common factors that have been found through empirical research to have a significant impact on client satisfaction and therapeutic outcome (e.g., the person of the therapist, the therapeutic relationship, and techniques that are shared among different models).

## **Student Learning Outcomes**

Students will demonstrate the following competencies:

- Articulate the basic stages of the counseling process.
- Identify the core conditions of the therapeutic relationship.
- Develop a working knowledge of the basic components of each theory studied.
- Differentiate between the various techniques of the major theories.
- Integrate theoretical learning in order to form a personal model of the counseling process.

## **COURSE REQUIREMENTS**

### **Instructional Methods**

This course will utilize mainly lectures and class discussions; however, additional activities that help enhance the learning experience may be used.

### **Student Responsibilities**

- Complete all readings, including supplemental readings posted in D2L. It is your responsibility to remain current with all readings in order to meaningfully participate in class discussions.
- Respectfully interact with the instructor and your peers.
- Actively engage in critical thinking and dialogue (e.g., while sharing your reactions, opinions, disagreements, and questions) on our class discussion boards. Your willing participation in class discussions and activities is essential to your learning.
- Please contact the instructor well in advance of due dates with any questions. Do not expect last-minute responses the day assignments are due-. Prepare ahead of time.
- Use best practices of APA 7 writing style. Many online resources (such as [https://owl.purdue.edu/owl/purdue\\_owl.html](https://owl.purdue.edu/owl/purdue_owl.html)) exist to help you craft quality papers.

## **COURSE ASSIGNMENTS AND GRADING**

### **Online Discussions (100 points):**

The exchange of ideas, opinions, questions, and information is an important piece of professional development. Therefore, students are expected to attend class each week and actively participate in our weekly discussions. Full points will be awarded to students who submit a substantive response to the weekly prompt and thoughtfully respond to at least two classmates. See Flexible Course Calendar for specific due dates.

### **Quizzes (100 points):**

To check for understanding of course content, there will be four quizzes posted in D2L throughout the semester. See Flexible Course Calendar for specific dates.

### **Counseling Theory Paper (100 points):**

The Counseling Theory Paper is a 5-7 page paper (including title and reference page) over one of the theories covered in this course. The paper should (1) summarize the basic tenets of the theory, (2) provide a brief historical background on the theorist, and (3) discuss why this

particular theory fits well with the student. The paper must be written in APA 7 format and include a minimum of 3 professional sources. The Counseling Theory Paper will be graded utilizing a rubric that is provided.

## **FINAL GRADES**

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

A = 270-300

B = 240-269

C = 210-239

D = 180-209

F = 179 or Below

### **Late Assignment Policies**

All assignments are due on the given assignment date. Late assignments will not be accepted. All assignments must be uploaded and submitted in D2L. Emailed assignments will not be accepted. Please contact your instructor if you have any questions or concerns about due dates.

## **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 to reach you (if necessary). I respond to my emails daily. Also, I will be more than happy to meet with you if needed. Please reach out to me so we can set up a convenient time to meet via Zoom.

## **TECHNOLOGY REQUIREMENTS**

### **Browser support**

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

## Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

## Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or <b>point</b> release of that major version) and the previous major version of iOS (the latest minor or <b>point</b> release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR

- 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.
- 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/) o [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.

### **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](mailto: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.

## **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/)  
<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.

### **FLEXIBLE COURSE CALENDAR**

(subject to change at the discretion of the instructor)

<b>Week/Date</b>	<b>Topic</b>	<b>Reading</b>	<b>Assignment</b>
Week 1: 8/24	Course Overview/Syllabus  Introductions/ Wellness Check-in	Chapter 1: Introduction and Overview	Complete Student Information Google Form (link will be provided)  <b>Week 1 Discussion Post</b> due in D2L by <b>8/30 @ 11:59 pm</b>
Week 2: 8/31	The Therapeutic Relationship	Chapter 2: The Counselor	<b>Week 2 Discussion Post</b> due in D2L by <b>9/6 @ 11:59 pm</b>
Week 3: 9/7	Counseling Ethics	Chapter 3: Ethical Issues in Counseling Practice	<b>Week 3 Discussion Post</b> due in D2L by <b>9/13 @ 11:59 pm</b>
Week 4: 9/14	Psychoanalytic Theory	Chapter 4: Psychoanalytic Therapy	<b>Quiz 1</b> due in D2L by <b>9/20 @ 11:59 pm</b>
Week 5: 9/21	Adlerian Theory	Chapter 5: Adlerian Therapy	<b>Week 5 Discussion Post</b> due in D2L by

			<b>9/27 @ 11:59 pm</b>
Week 6: 9/28	Existential Theory	Chapter 6: Existential Therapy	<b>Week 6 Discussion Post</b> due in D2L by 10/4 @ 11:59 pm
Week 7: 10/5	Person-Centered Theory	Chapter 7: Person-Centered Therapy	<b>Week 7 Discussion Post</b> due in D2L by 10/11 @ 11:59 pm
Week 8: 10/12	Gestalt Theory	Chapter 8: Gestalt Therapy	<b>Quiz 2 due in D2L</b> by 10/18 @ 11:59 pm
Week 9: 10/19	Behavioral Theory	Chapter 9: Behavioral Therapy	<b>Week 9 Discussion Post</b> due in D2L by 10/25 @ 11:59 pm
Week 10: 10/26	Cognitive Behavioral Theory	Chapter 10: Cognitive Behavioral Therapy	<b>Week 10 Discussion Post</b> due in D2L by 11/1 @ 11:59 pm
Week 11: 11/2	Choice Theory/Reality Therapy	Chapter 11: Choice Theory/Reality Therapy	<b>Week 11 Discussion Post</b> due in D2L by 11/8 @ 11:59 pm
Week 12: 11/9	Feminist Theory	Chapter 12: Feminist Therapy	<b>Quiz 3 due in D2L</b> by 11/15 @ 11:59 pm
Week 13: 11/16	Postmodern Approaches	Chapter 13: Postmodern Approaches	<b>Week 13 Discussion Post</b> due in D2L by 11/22 @ 11:59 pm
Week 14: 11/23	<b>Thanksgiving Break</b>		
Week 15: 11/30	Family Systems Theory	Chapter 14: Family Systems Therapy	<b>Quiz 4 due in D2L</b> by 12/6 @ 11:59 pm
Week 16: 12/7	Integration and Application		<b>Counseling Theory Paper</b> due in D2L by 12/10 @ 11:59 pm