



Counseling 516.01E: Basic Counseling Skills

Course Syllabus

Summer 2022

June 7- August 11

INSTRUCTOR INFORMATION

Instructor: Fariba Ehteshami, PhD,

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Office Hours: TBA

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Preferred Form of Communication: E-mail

Communication Response Time: 24-48 hours, Monday – Friday

Class Time and Location: Tuesday– 4:30 pm -9:00 pm | @ McKinney CHEC

COURSE INFORMATION

Textbook(s) Required:

Young, M. E. (2020). *Learning the art of helping: Building blocks and techniques*. (7th ed.). UpperSaddle River, NJ: Pearson. Package ISBN-13: 9780135680124

Supplemental Readings (accessible in D2L)

American Counseling Association. (2014). *ACA Codes of Ethics*. Alexandria, VA: Author. Retrieved from https://www.counseling.org/docs/default-source/default-document-library/2014-code-of-ethics-finaladdress.pdf?sfvrsn=96b532c_2

Buser, T. J., Buser, J. K., Peterson, C. H., & Seraydarian, D. G. (2012). Influence of mindfulness practice on counseling skills development. *The Journal of Counselor Preparation and Supervision*, 4, 20-36. Retrieved from <https://repository.wcsu.edu/jcps/vol4/iss1/2>

Dye, L., Burke, M. G., Wolf, C. (2020). Teaching mindfulness for the self-care and well-being of counselors-in-training. *Journal of Creativity in Mental Health*, 15(2), 140-153. <https://doi-org.proxy.tamuc.edu/10.1080/15401383.2019.1642171>

The syllabus/schedule are subject to change.

Haberstroh, S., Duffey, T., Evans, M., Gee, R., & Trepal, H. (2007). The experience of online counseling. *Journal of Mental Health Counseling*, 29, 269–282. <https://doi.org/10.17744/mehc.29.3.j344651261w357v2>

Haberstroh, S., Parr, G., Bradley, L., Morgan-Fleming, B., & Gee, R. (2008). Facilitating online counseling: Perspectives from counselors in training. *Journal of Counseling & Development*, 86, 460–470. <https://doi.org/10.1002/j.1556-6678.2008.tb00534.x>

Shaw, H. E., & Shaw, S. F. (2006). Critical ethical issues in online counseling: Assessing current practices with an ethical intent checklist. *Journal of Counseling & Development*, 84, 41–53. <https://doi.org/10.1002/j.1556-6678.2006.tb00378.x>

Practicum and Internship Handbook

Handbook for Master's Counseling Program

<https://inside.tamuc.edu/academics/colleges/educationHumanServices/counseling/clinical.aspx>

Optional Texts and/or Materials:

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

Course Description

516. *Basic Skills*. Three semester hours.

Provides the foundation for all practicum and internship experiences. Students learn communication and interpersonal skills under faculty supervision. Demonstration of these skills is a prerequisite for enrollment in practicum (COUN 551). Students will examine their intrapersonal issues and interpersonal styles and will follow ACA Ethical Standards. Prerequisites: Application form returned to department several months before actual enrollment in this course (check department for availability and due dates), COUN 501, 510, and completion of or current enrollment in COUN 528.

General Course Information

The purpose of Pre-Practicum is to provide continued acquisition of counseling skills. Supervised application of a number of interviewing skills is the primary focus. Students can expect to examine their intrapersonal issues and concerns. They should be able to demonstrate the ability to express and understand their own personal dynamics and development, including strengths, sensitivities, defenses and limitations. A grade of “B” or higher must be earned in COUN 501, 510, 528, and 516 for admission to candidacy status (or its equivalent for those seeking school counselor certification only). Completion of these requirements is mandatory before enrollment in practicum (COUN 551).

Personal Counseling Requirements

All students are required to participate as a client in personal counseling (see Student Handbook).

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- For students admitted to the program before Fall 2017, 6 personal counseling sessions must be completed prior to enrollment in COUN 551: Practicum.
- For students admitted in FALL 2017 or later, 10 personal counseling sessions must be completed as a requirement in this 516 course. Failure to do so may result in a grade of “F” Failure or “X” Incomplete.

This personal counseling requirement may be completed at no cost to the student at one of the department-operated clinics (CHEC, Mesquite). Students may, at their own expense, complete this requirement with a counselor not associated with A&M-Commerce. Evidence of completion of this requirement is achieved by providing a signed letter from the counselor, preferably on letterhead, stating simply that the student has completed the required number of sessions.

Student Learning Outcomes

2016 CACREP Standards Addressed in COUN 516

Masters Standard	Learning Activity	Assignment	Assessment Rubric	Benchmark
2.F.k.1. strategies for personal and professional self-evaluation and implications for practice	<ul style="list-style-type: none"> • Lecture (Week 15) • Readings (Young, 2017 [Chapter 11]) • Class Discussion (week 15) 	Taping Role Play & Analysis Reflection Paper	Taping Role Play & Session Analysis Rubric Course Reflection Paper Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation ≥ 80% of average rubric scores will either meet (2) or exceed (3) Expectation
2.F.1.1. self-care strategies appropriate to the counselor role	<ul style="list-style-type: none"> • Lecture (Week 15) • Readings (Dye, Burke, & Wolf, 2020; Buser, Buser, Peterson, & Seraydarian, 2012)) • Class Discussion (week 15) 	Reflection Paper	Course Reflection Paper Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation
2.F.5.d. ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted Relationships	<ul style="list-style-type: none"> • Lecture (Week 2) • Readings (Young, 2017 [Chapter 2]; ACA Code of Ethics, 2014; NBCC Policy Regarding Practice of Distance Counseling) • Class Discussion (week 2) 	Taping Role Play & Analysis	Taping Role Play & Session Analysis Rubric	≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation

<p>2.F.5.e. the impact of technology on the counseling process</p>	<ul style="list-style-type: none"> • Lecture (Week 1) • Readings (Haberstroh, Duffey, Evans, Gee, & Trepal, 2007; Haberstroh, Parr, Bradley, Morgan-Fleming, & Gee, 2008; Shaw & Shaw, 2006) • Class Discussion (week 1) 	<p>Reflection Paper</p>	<p>Course Reflection Paper Rubric</p>	<p>≥ 80% of average rubric scores will either meet (2) or exceed (3) expectation</p>
<p>2.F.5.f. counselor characteristics and behaviors that influence the counseling process</p>	<ul style="list-style-type: none"> • Lecture (Week 1) • Readings (Young, 2017 [Chapter 1]) • Class Discussion (week 1) 	<p>Taping Role Play & Analysis</p>	<p>Taping Role Play & Session Analysis Rubric</p>	<p>≥ 80% of average rubric scores will either meet (2) or exceed (3)</p>

<p>2.F.5.g. essential interviewing, counseling, and case conceptualization skills</p>	<ul style="list-style-type: none"> • Lecture (Week 13) • Readings (Young, 2017 [Chapter 8]) • Class Discussion (week 13) 	<p>Taping Role Play & Analysis</p>	<p>Taping Role-Play & Session Analysis Rubric</p>	<p>≥ 80% of average rubric scores will either meet (2) or exceed (3)</p>
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Content Areas include, but are not limited to, the following:

- I. ACA ethical standards and the counseling relationship
- II. Process and communications skills
 - A. Attending behavior
 - B. Open-ended and closed-ended questions
 - C. Reflecting, paraphrasing, summarizing
 - D. Differentiation between cognitive and affective messages
 - E. Immediacy, self-disclosure, confrontation
- III. Relationship Skills
 - A. Additive empathy
 - B. Positive regard
 - C. Genuineness
 - D. Concreteness
- IV. Personalization Skills
 - A. Self-awareness
 - B. Boundary issues
- V. Interpersonal skills
 - A. Developing a collaborative relationship
 - B. Identifying and responding to resistance
 - C. Developing an internal focus with the client
 - D. Identifying and responding to conflicted emotions
 - E. Conceptualizing client dynamics

Minimal Technical Skills Needed

In this class, you will utilize the Learning Management System (LMS) entitled D2L for portions of instructional and learning methods, submitting assignments, participating in online discussions, and completing quizzes. You will also need to download the Zoom application to your personal computer or smart phone in order to access office hours and other virtual meetings. To complete assignments, you will need to utilize other technologies such as Microsoft Word, PowerPoint, etc. If you have issues with this system, it is your responsibility to contact the help desk immediately.

Instructional Methods

This course consists of lecture and didactic learning methods, small group discussions, and in-class assignments, coupled with experiential learning and practical application. When we are not meeting face-to-face, you will be expected to participate and complete all online tasks via D2L. In addition to this, small lecture, discussion, activities, and workshops may be utilized during this

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course.

Client Role

You will be in a client role and in a counselor role in different role-plays and activities in this course. These roles are essential and mandatory to your learning, demonstration, and assessment of basic counseling skills. If you are not prepared to engage in these roles, you are recommended to drop this course, as it will negatively influence your grade. What you share in these role-plays (or real-plays) is entirely up to you and your comfort level. As such, all students are held to the highest privacy and confidentiality standards and must abide by the current ACA Code of Ethics.

You have the right and personal responsibility to share only as deeply as you want. At the same time, if you find yourself not wishing to engage in these exercises, you may prefer to drop the course.

Confidentiality and Ethics

Personal Counseling Requirements

All students are required to participate as a client in personal counseling (see Student Handbook).

- For students admitted to the program before Fall 2017, 6 personal counseling sessions must be completed prior to enrollment in COUN 551: Practicum.
- For students admitted in FALL 2017 or later, 10 personal counseling sessions must be completed as a requirement in **this 516 course**. Failure to do so may result in a grade of “F” Failure or “X” Incomplete.

This personal counseling requirement may be completed at no cost to the student at one of the department-operated clinics (CHEC, Mesquite). Students may, at their own expense, complete this requirement with a counselor not associated with A&M-Commerce. Evidence of completion of this requirement is achieved by providing a signed letter from the counselor, preferably on letterhead, stating simply that the student has completed the required number of sessions.

Student Responsibilities and Tips for Success in the Course

As a student in this course, you are responsible for being active in your learning process. Expectations of this course include the following:

- You are expected to display professionalism at all times. Be respectful of your professor and peers. Be open to feedback, as you will receive this throughout the program.
- Prepare for classes. Complete any and all readings *prior* to class time.
- Complete all assignments by the deadline.

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- Adhere to the TAMUC Student Code of Conduct.
- Participate. During face-to-face classes, you are expected to actively participate in all activities and discussion. In the online format, you are expected to participate in all online discussions/activities. This is crucial to your learning.
- All writing assignments must be completed according to APA 7th edition.
- Regularly check your TAMUC email. My suggestion is to check this **at least once a day** as your instructors and others from the department and University may contact you.
- Begin your readings ASAP. Sometimes it may take more than one attempt to digest the material.
- **Deadlines are the last possible moment something is due—not the first moment to start.** Work ahead. I realize this may not always be possible; however, when you can, do so.
- Be open to the process. **This degree takes time, work, effort, and growth.**

COUSE ASSIGNMENTS/ASSESSMENTS

1. Class Participation/D2L Discussions (30 points).

Due to the nature of this class, attendance and participation are essential. Participation is credited to all activities related to this course. Please be aware that being consistently late to class can also constitute as an absence, particularly when a pattern of lateness emerges without justification.

Students will demonstrate knowledge and understanding of key concepts through class discussions and in-class activities. Regular attendance, arriving to class on time, and reading the materials *before* class are expected. Students missing more than two classes are at risk for failing the course.

You are encouraged to actively participate in and out of class. Do not expect/rely on class lecture for your learning. **This class requires you to be an active and critical thinker**, to share your thoughts respectfully, to engage with the material honestly and openly, and to participate in role-playing and skills practice both inside and outside of class. This course is the foundational course for facilitating your counseling skills; thus, attending, participating, and experiential learning within and outside of the classroom are crucial. You will have many opportunities to contribute to the total learning experience through attendance, discussion, and assigned activities.

The following criteria will be used to determine participation & attendance points:

Class Participation & Attendance Rubric

3 – *Exceeds Expectations (27-30 points)*

Proactive participation: leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration. This does not mean dominating discussion or self-disclosure inappropriate to the circumstances. No more than one absence/no evident pattern of lateness

2 – *Meets Expectations (24 – 26 points)*

Reactive participation: supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion/personal self-disclosure rather than study, contemplation, synthesis, and evaluation. Two or less absences/no evident pattern of lateness. Student attended another department equivalent class to meet supervision requirement due to excused absence.

1 – *Does Not Meet Expectations (0-25 points)*

Passive participation: present, awake, alert, attentive, but not actively involved or invested; Or uninvolved: absent, present but not attentive, sleeping, texting/surfing, irrelevant contributions. More than two absences/pattern of lateness evident

Participation and Attendance continued:

**If Zoom required-will be announced and noted if mandated.* Zoom class sessions and class discussions through D2L: You will participate in group discussions over the course of the semester. When in Zoom meetings, you are expected to always have your camera on, actively participate, and contribute to discussion topics. On D2L, you are expected to give a thorough and thoughtful responses to each prompt *if discussion boards are required as noted in the schedule.* The goal of discussions in this class are to demonstrate your ability to be an active and critical thinker, to share your thoughts respectfully, to engage with the material honestly and openly, and to participate in role-playing and skills practice both inside and outside of class.

In addition to the initial discussion, you will also respond to three of your classmates' discussion posts. The rubrics for the discussions are below. For the weeks with discussion posts, they will open on Monday and close the following Sunday night. **Your initial post is due by Thursday at midnight, and your peer responses are due by Sunday at midnight.** However, feel free to post earlier than Thursday. Please note that **late postings will not be accepted.**

The syllabus/schedule are subject to change.

Discussion Board Rubric *(as assigned)*

	1 – Does Not Meet Expectation (0-7.9 points)	2 – Meets Expectation (8.0-8.9 points)	3 – Exceeds Expectations (9-10 points)
Discussion (10 points)	Post is not complete, not written in a clear manner OR post is missing critical components of the question. Responses to classmates are not complete, missing critical components OR feedback is not thoughtful. Initial post is not completed prior to Thursday at 11:59PM.	Post presents most elements of the question OR all elements discussed in a brief manner. Responses to classmates present most elements in a brief manner. Initial post is completed prior to Thursday at 11:59PM.	Post presents all elements of the question(s) discussed thoroughly and clearly. Responses present all elements required thoroughly and clearly. Provided thoughtful feedback to peer. Initial post is completed prior to Thursday at 11:59PM.

- 2. Taping Role Play & Session Analysis (3 tapes & 3 analyses; 150 total points; 50 points each).** Each student is required to participate in a long-term counselor-client role-play practice relationship, both as counselor and as client, outside of class time. Students are expected to meet weekly (outside of class time) to practice their counseling skills with each other and video record the sessions. From these weekly sessions, students will formally **submit three (3) video recorded counseling sessions** (minimum 30 minutes in length) along with a **20-minute verbatim transcript and session analysis** for each, which will include identification of the specific skills used and reflection on the use of those skills. Include reflective comments of not only growth areas but also strengths.

Counseling skills learned throughout this course will consist of attending and exploring skills, understanding skills, action skills, and professionalism skills, all of which will be practiced throughout this course, with a goal of them being evidenced in your role-play tapes and session analyses.

Each session analysis will consist of you reflecting on your personal experience as the counselor, how you as the counselor impact your client, and the skills used in session. Note that each session analysis must correspond to the particular video submitted. See **Appendix A for outline of session analysis.**

The assignment must adhere to the APA 7th edition standards, utilize headings provided in the outline (see Appendix A), be a minimum of three (3) pages—with a maximum of five (5) pages in length (double-spaced, excluding title page), and include a title page. Your title page is not included in the minimum requirement. See Rubric below for grading details.

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Taping Role-Play & Session Analysis Rubric

	1 – Does Not Meet Expectations (0 –7.9 points)	2 – Meets Expectations (8 – 8.9 points)	3 – Exceeds Expectations (9 - 10 points)
Demonstrated Basic Counseling Skills in Video (10 points)	Skills demonstrated were not developmentally appropriate; inconsistent with skills learned in class; or no evidence of skills were used and confidentiality was not addressed	Skills demonstrated were developmentally appropriate; however, may have lacked consistency throughout the session; consistent with skills learned in class; confidentiality was addressed	Skills demonstrated were developmentally appropriate and were implemented consistently throughout the session; consistent with skills learned in class; confidentiality was addressed
The Counseling Content (10 points)	A summary of what occurred in session with absent or more than half incomplete; client goals and counselor goals not addressed; does not meet standards of graduate level coursework	A summary of the session as well as client and counselor goals were evident, but excluded one or two key considerations; meets standards of graduate level coursework	A thorough, yet concise summary of the session as well as client and counselor goals were evident with no missing evidence; meets standards of graduate level coursework
The Counseling Process (10 points)	The counseling process was not described, inaccurate, or was only tangentially mentioned; does not meet standards of graduate level coursework	The counseling process was described accurately (including ethical and culturally relevant strategies used to establish and maintain therapeutic relationship), but excluded one or two key considerations; meets standards of graduate level Coursework	The counseling process was thoroughly and accurately described (including ethical and culturally relevant strategies used to establish and maintain therapeutic relationship); paper meets standards of graduate level Coursework
Session Analysis (10 points)	Areas identified in Appendix A under the heading of “Analysis of Counseling Session (Subjective Impressions)” were missing or highly; processes/factors mentioned were only tangentially related;	Areas identified in Appendix A under the heading of “Analysis of Counseling Session (Subjective Impressions)” were sufficiently addressed (e.g., personal and professional self-evaluation and counselor factors	All areas identified in Appendix A under the heading of “Analysis of Counseling Session (Subjective Impressions)” were thoroughly addressed (e.g., personal and professional self-evaluation and counselor factors

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	does not meet standards of graduate level coursework	influencing counseling process), but excluded one or two key considerations; meets standards of graduate level coursework	influencing counseling process); meets standards of graduate level coursework
APA Format (10 points)	Information provided appears disorganized/disjointed; incomplete sentences were evident; writing was not professional, nor did it align with APA 7 th edition standards; writing quality of proposal was inappropriate for graduate level Work	Information provided appears organized; few incomplete sentences were evident; writing was professional and fairly aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work	Information provided appears well organized; no incomplete sentences were evident; writing was professional and aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work

3. Course Reflection Paper (75 points):

In an 8–10-page paper, reflect upon your experiences in this course. Discuss what you have **learned in the course** as well as what you have learned about **yourself**. Think about your personal and professional growth during this course. Reflect on your experience in the course as a client (and observed, when appropriate). Consider where you were at the beginning of the semester versus where you are now at the end of the semester. Think about your strengths and growth areas and discuss what those are in regard to basic counseling skills and counselor characteristics. See **Rubric below for evaluation criteria**. Your paper needs to be completed in APA 7th format and include a title page. Your title page is not included in the page length. See **Appendix B** for guiding questions pertaining to the reflection paper.

Course Reflection Paper Rubric

	1 – Does Not Meet Expectations (0 – 11.9 points)	2 – Meets Expectations (12 – 13.4 points)	3 – Exceeds Expectations (13.5 - 15 points)
Course reflection/ Self-awareness (15 points)	Course Reflection does not align or only tangentially aligns with addressing self-awareness, including personal strengths, personal weaknesses, and self-care. Paper does not meet standards of graduate level coursework	Course reflection mostly aligns with addressing self-awareness, including personal strengths, personal weaknesses, and self-care, but excludes one or two key considerations; area is sufficiently detailed with	Course reflection completely aligns with addressing self-awareness, including personal strengths, personal weaknesses, and self-care; area is sufficiently detailed with examples; paper meets standards of

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		examples; paper meets standards of graduate level coursework	graduate level coursework
Course reflection/ Relationship building and counselor characteristics (15 points)	Course reflection does not align or only tangentially aligns addresses relationship building and counselor characteristics. Paper does not meet standards of graduate level coursework	Course reflection mostly aligns addresses relationship building and counselor characteristics, but excludes one or two key considerations; area is sufficiently detailed with examples; paper meets standards of graduate level Coursework	Course reflection completely aligns addresses Relationship building and counselor characteristics; area is sufficiently detailed with examples; paper meets standards of graduate level coursework
Course reflection/ Experience being the Client (15 points)	Course Reflection does not align or only tangentially aligns with addressing experience of being the Client. Paper does not meet standards of graduate level coursework	Course reflection mostly aligns with addressing experience of being the Client, but excludes one or two key considerations; area is sufficiently detailed with examples; paper meets standards of graduate level coursework	Course reflection completely aligns with addressing experience of being the Client; area is sufficiently detailed with examples; paper meets standards of graduate level coursework
Course reflection/ The impact of technology in counseling process (15 points)	Course Reflection does not align or only tangentially aligns with addressing the impact of technology in the counseling process. Paper does not meet standards of graduate level coursework	Course reflection mostly aligns with addressing the impact of technology in the counseling process, but excludes one or two key considerations; area is sufficiently detailed with examples; paper meets standards of graduate level Coursework	Course reflection completely aligns with addressing the impact of technology in the counseling process; area is sufficiently detailed with examples; paper meets standards of graduate level coursework
APA Format (15 points)	Information provided appears disorganized/disjointed; incomplete sentences were evident; writing	Information provided appears organized; few incomplete sentences were evident; writing was	Information provided appears well organized; no incomplete sentences were evident; writing

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	was not professional, nor did it align with APA 7 th edition standards; writing quality of proposal was inappropriate for graduate level work	professional and fairly aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work	was professional and aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work
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4. **Counseling Student Competency Evaluation (CSCE)**

The Counseling Program is obligated by professional ethics (see ACA Code of Ethics, 2014) and University procedure to assess students as to their potential for meeting the expectations of *professional practice* in the professional counseling field. The competencies outlined in this document (CSCE) are specific to professional counseling and are in addition to academic requirements. The Counseling Program may suspend from the program any students judged incapable of meeting these expectations. Procedures regarding potential dismissal are outlined in the Program’s Retention/Dismissal Procedure.

The CSCE may be used by any faculty member with any student enrolled in a Counseling course to provide that student with feedback regarding their potential for meeting the expectations of the professional counseling field and the Department. Completion of a CSCE is required in the following courses: COUN 551, COUN 552, COUN 620, and COUN 660 (i.e., Clinical Supervision, Advanced Practicum, Advanced Internship, Advanced Supervision, Advanced Teaching). The course instructor in COUN 516 and COUN 548 may choose to implement the CSCE at his/her discretion. Each use of the CSCE must be placed in the student’s Department file along with any remediation plan developed by the faculty in conference with the student.

The Counseling Program has elected to use the CSCE to monitor student’s progress in *professional practice*. As a requirement in this course, a final CSCE evaluation will be completed by the course instructor, in consultation with the student, to assess your professionalism, general competency, social and emotional maturity, integrity and ethical conduct, and clinical competency. Please note that the instructor of the course may choose to administer the CSCE at different time intervals throughout the semester (e.g., initial, mid) at his/her discretion. The CSCE can yield an overall average composite score or an average subscale score for each domain. The Department utilizes both overall average composite score and average subscale scores to monitor students’ *professional practice*. See rubric below.

Counseling Student Competency Evaluation (CSCE) Rubric

		1- Does Not Meet Expectations	2 - Meets Expectations	3 - Exceed Expectations
Subscale	Professionalism subscale (7-items)	Mean score \geq .63 across Professionalism items	Mean score of .33 to .60 across Professionalism Items	Mean score of 0 to .30 across Professionalism Items

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	General Competency subscale (7-items)	Mean score \geq .63 across General Competency items	Mean score of .33 to .60 across General Competency items	Mean score of 0 to .30 across General Competency items
	Social & Emotional Maturity subscale (7-items)	Mean score \geq .63 across Social & Emotional Maturity items	Mean score of .33 to .60 across Social & Emotional Maturity items	Mean score of 0 to .30 across Social & Emotional Maturity items
	Integrity & Ethical Conduct subscale (6-items)	Mean score \geq .63 across Integrity & Ethical Conduct items	Mean score of .33 to .60 across Integrity & Ethical Conduct Items	Mean score of 0 to .30 across Integrity & Ethical Conduct Items
	Clinical Competency subscale (6-items)	Mean score \geq .63 across Clinical Competency items	Mean score of .33 to .60 across Clinical Competency items	Mean score of 0 to .30 across Clinical Competency items
	Overall average score	Mean score \geq .63 across all CSCE items	Mean score of .33 to .60 across all CSCE items	Mean score of 0 to .30 across all CSCE items

GRADING

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

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Assignment/Assessment	Point Value
In-Class/Zoom Participation (D2L Discussions, Weekly Role Plays)	30
Personal Reflection Paper	75
Role Play Tapes, Transcripts, and Session Analyses (3 @ 50 points/each)	150
CSCE	0
Total	255

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Your Final Grade is determined by adding the point values earned from each assignment and then dividing by 255. The resulting value is multiplied by 100 to yield a percentage. For example: $(225 \text{ [points earned]} / 255) \times 100 = 88.23\%$

*****Assignments are due on the day noted in the syllabus. Late assignments will not be accepted.**

COMMUNICATION AND SUPPORT

Communication with your professors is key to your professional growth. I am here to support and guide you along your academic journey. With that being said, I cannot help you if you do not communicate with me. Please reach out if you have any concerns or questions. Because I teach in different locations, email is the best way to reach me. I strive to answer all emails within 24 hours, Monday-Friday. When emailing, please use your university email. 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 get together via Zoom.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

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.

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Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

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, [click here](#).

[Graduate Student Academic Dishonesty Form](#)

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](#).

should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

TAMUC Attendance

Students in this course are expected to attend class and be active participants in class activities. Participation is required, and those who actively participate in class almost always receive higher grades than those who do not. Attendance is required. Students are expected to demonstrate consistent attendance. Attendance is defined as being present at the start of class, being in class during class time, and staying until the end of class. Students cannot miss more than 10% of the course meetings. This policy allows for two (2) absences. Any absence missed after two (2) absences will result in loss of credit for the course. Students who anticipate frequently missing class, arriving late, or leaving early should consider dropping the class.

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Students are expected to have completed assigned readings prior to the class period in which they will be discussed. You are also strongly encouraged to ask questions at any point during the class, as discussion generally allows students to learn better (and tends to make the class a lot more fun, too).

If you must miss class on a night when you are due to take an examination or give a presentation, you must provide your instructor with university approved documentation reflecting the purpose of your absence. This documentation will be used as a tool to evaluate whether your instructor can provide an exception to the absence policy (e.g., hospital admittance/discharge paperwork, funeral announcements, etc.).

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

Students with Disabilities - ADA Statement

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 Velma K. Waters

Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@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.

Student Counseling Services

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

The syllabus/schedule are subject to change.

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.

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COUN. 516.01B – Spring 2022

TENTATIVE COURSE OUTLINE / CALENDAR

Date	Topic	CACREP Standard(s)	Readings	Assignments
Module 1 Week 1-2	<p>Introductions</p> <p>Course Overview</p> <p>Becoming a Reflective Practitioner</p> <p>Self-Care & Well-being of Counselors</p> <p>What is Helping</p> <p>Challenges of Learning the Art of Heling</p> <p>Who can be an effective helper?</p> <p>Nuts and Bolts of Helping The Stages of the Helping Process: A Road Map</p> <p>Technology in Counseling</p>	<p>2.F.5.f.</p> <p>2.F.5.e.</p> <p>2.F.1.l.</p>	<p>Young (2017) Chapter 1: Helping as a Personal Journey</p> <p>Haberstroh, Duffey, Evans, Gee, & Trepal (2007) The Experience of Online Counseling</p> <p>Dye, Burke, & Wolf (2020) Teaching Mindfulness for the Self-Care and Well-being of Counselors-in-Training</p> <p>Buser, Buser, Peterson, & Seraydarian (2012) Influence of mindfulness practice on counseling skills development.</p> <p>Haberstroh, Parr, Bradley, Morgan-Fleming, & Gee (2008) Facilitating Online Counseling: Perspectives From Counselors in Training</p> <p>Shaw & Shaw (2006) Critical Ethical Issues in Online Counseling: Assessing Current Practices with an Ethical Intent Checklist</p>	D2L Discussion
	<p>The Importance of the Therapeutic Relationship in Creating Change</p>	2.F.5.d.	<p>Young (2017) Chapter 2: The Therapeutic Relationship</p> <p>ACA Code of Ethics (2014)</p>	D2L Discussion

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	<p>How Can a Helper Create a Therapeutic Relationship?</p> <p>Other Factors that Help or Strain the Therapeutic Relationship</p>		<p>NBCC Policy: Distance Counseling https://www.nbcc.org/Assets/Ethics/NBCCPolicyRegardingPracticeofDistanceCounselingBoard.pdf</p>	
Module 2 Week 3	<p>Listening to a Client's Story</p> <p>Nonverbal Communication</p>		<p>Young (2017) Chapter 3: Invitational Skills</p>	
	<p>Nonverbal Skills (eye contact, body position, attentive silence, voice tone, facial expressions, physical distance, touching and warmth)</p> <p>Opening Skills (encouragers, questions)</p> <p>*Practice with Peer*</p>			
Week 4	<p>Why Assessment?</p> <p>Two Informal Methods of Assessment (Observation and Questioning)</p> <p>Conducting an Intake Interview: What to Assess</p> <p>Categorizing Clients and Their Problems</p> <p>Goal Setting</p> <p>Technique of Boiling Down the Problem</p> <p>*Practice with Peer*</p>	2.F.5.g.	<p>Young (2017) Chapter 8: Assessment and Goal Setting</p>	D2L Discussion
Module 3 Week 5	<p>Reasons for Reflecting</p> <p>Reflecting Content, Thoughts, Feelings, and Meaning</p>		<p>Young (2017) Chapter 4: Reflecting Skills: Paraphrasing</p>	

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	<p>The Skills of Paraphrasing (Content and Thoughts)</p> <p>Common Problems in Paraphrasing</p> <p>*Practice with Peer*</p>			
Week 6	The Importance of Understanding Emotions		Young (2017) Chapter 5: Reflecting Skills: Reflecting Feelings	Taping & Role Play/Session
	<p>The Skill of Reflecting Feelings</p> <p>How to Reflect Feelings</p> <p>Common Problems in Reflecting Feelings and their Antidotes</p> <p>*Practice with Peer*</p>			Analysis #1 DUE: July 11 by 11:59 pm
Week 7		NO CLASS!	Practice Via Zoom	
Module 4 Week 8	<p>The Importance of Understanding Emotions</p> <p>The Skill of Reflecting Feelings</p> <p>How to Reflect Feelings</p> <p>Common Problems in Reflecting Feelings and their Antidotes</p> <p>*Practice with Peer*</p>		Young (2017) Chapter 5: Reflecting Skills: Reflecting Feelings	
Week 9	<p>Giving Feedback</p> <p>Confrontation</p> <p>Other ways of Challenging</p> <p>*Practice with Peer*</p>			Taping/ Role-Play & Session Analysis #2 DUE: August 1 by 11:59
Module 5 & 6 Week 10	<p>Meaning, Uncovering the Next Layer</p> <p>How to Uncover Meaning in the Story</p>		Young (2017) Chapter 6: Advanced Reflecting Skills: Reflecting Meaning and Summarizing	Course Reflection Paper DUE: August 9 by

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	<p>When Should We Use the Challenging Skills</p> <p>Individual Supervision</p> <p>Final Paperwork (CSCE) completed in class</p>	<p>Young (2017) Chapter 7: Challenging Skills</p>	<p>11:59</p>
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***Individual Supervision**

You may make arrangement and schedule individual supervision session(s) throughout the semester,not necessarily only on Week 10

Appendix A

SESSION ANALYSIS OUTLINE

The Client (First session only)

- Background information (demographics)
 - Age
 - Gender
 - Ethnicity
 - Marital status
 - Educational status
 - Employment status
- Rather than including your client's name, utilize a PSEUDONYM for your client and do your best to limit identifying information!

The Counseling Content (What actually happened?)

- A brief summary of the session
- Client's goals for this session
- Counselor's goals for this session

The Counseling Process

- Describe the flow of the session.
- How would you describe the beginning, middle, and ending of your session?
- What shifts in the session occurred? How did this happen?
- What contributed to portions of the session where you felt "stuck" in some way?
- What ethical and culturally relevant strategies did you use to establish and maintain the therapeutic relationship? (**CACREP standard 2.F.5.d.**)

Analysis of Counseling Session (Subjective Impressions)

- Describe the quality of relationship.
- What counselor characteristics are influencing the counseling process, and how? (**CACREP standard 2.F.5.f.**)
- Describe client factors – how did you experience your client in the room today? (e.g., fatigue, nervousness, reluctance)
- What external factors influenced today's session? (e.g., distractions, room factors, noise)
- What cultural factors are at play here? (e.g., similarities and differences, values/role conflicts)
- What value-laden, role, or ethical conflicts, if any, did you experience in today's session?
- What were you experiencing as the counselor? (**CACREP standard 2.F.1.k.**)
- What were your thoughts and feelings about being counselor or about how things were between you and your client? (**CACREP standard 2.F.1.k.**)
- How did your experiences and reactions possibly influence your responses? (**CACREP standard 2.F.1.k.**)
- What do you think the client was experiencing? (**CACREP standard 2.F.1.k.**)
- What might be going on that was left unspoken?

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- What might you tell a clinical supervisor when asked what you might not have addressed with your client?

Self-Evaluation

- Two of your strengths during this session
- Two of your challenges during this session
- Reflection: A brief reflection on what it was like to conduct this counseling session
- What hypotheses can you develop about what was occurring for your client?

Appendix B
COURSE RELECTION PAPER

1. Discussion of self-awareness in personal and professional growth. (**CACREP standard 2.F.1.k.**)
 - a. Where you began to where you are now, both personally and professionally.
 - b. What did you discover about yourself, including personal barriers to being an effective counselor?
 - c. What self-care strategies did you implement this semester? What self-care strategies will you implement in the future? (**CACREP standard 2.F.1.l.**)
2. Counseling skills areas of strength – discuss specific skills (**CACREP standard 2.F.1.k.**)
3. Counseling skills areas needing growth – discuss specific skills (**CACREP standard 2.F.1.k.**)
4. Discuss how effective you believe yourself to be or not be overall in all areas addressed within this course. Especially, address how effective you feel you are (or are not) in developing effective relationship building with your clients this semester.
5. Conclusion/summary of your application of counselor characteristics
6. What was the experience of being a client like for you overall? Were there significant things that occurred that might influence you in how you counsel?
7. Did you learn anything else from watching yourself as client?
8. What did the counselor do that was helpful, and what was done that seemed unhelpful?
9. Discuss how technology impacted the counseling process in your sessions. (**CACREP standard 2.F.5.e.**)
10. What would you have liked more of or preferred differently than what occurred?
11. Assignment must adhere to APA 7th edition style guide standards.

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