



Counseling 410: Counseling Theory

Course Syllabus, Fall 2021

INSTRUCTOR INFORMATION

Instructor: Larry G. Washington, M.S, Adjunct

Office Hours: M 11am-1pm, W, F-11am 12-pm

University Email Address:

Preferred Method of Communication: In person by appt and email

Communication Response Time: 24 hrs

Class Location/Meeting Time:

COURSE INFORMATION

Textbook(s) Required:

Kress, V.E, Seligman,L.W., Riechenberg,L.W. (April 22, 2020)-Copyright 2021, *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills, 5th edition*

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

Title 22 (Examining Boards) Texas Administrative Code Part 30 Chapter 681: Rules relating to the Licensing and Regulation of Professional Counselors

Optional Texts and/or Materials:

American Psychological Association Publication Manual (7th ed). Washington, DC: Author.

Course Description

This course will provide an overview and orientation to theories of the counseling profession including general professional issues such as ethics, history, credentialing, professional associations and the role of counselors in various settings.

Goals/Rationale of the Course

- Define the relevant and major theories utilized by professional counselors.
- Analyze the principles of counseling and psychotherapeutic paradigms.
- Help the student understand the relationship between counselors and other mental health professionals.
- Give class participants a deep intuitive understanding of counseling origins.

Student Learning Outcomes

The student will:

1. Be an active and engaged participant in discussions by analyzing, constructing/creating, and evaluating information presented within the textbook, external readings/resources, student research, and class activities, and sharing personal observations and opinions.
2. Become familiar with professional peer-reviewed counseling journal publications and APA style of writing.
3. Differentiate between counselors and other mental health professionals.
4. Identify basic counseling theoretical orientations and their founders.
5. Understand the history of the counseling profession and the fundamentals of the credentialing process.

COURSE REQUIREMENTS

Instructional Methods

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

Student Responsibilities

As learners, you are expected to read all assigned materials and actively participate in the course. Active participation can be defined as listening and giving thoughtful responses. During class discussions, it is expected that each student be respectful and polite to one another when interacting. Sensitive topics may be discussed, and students may share personal information.

Please remember that what is said in the classroom should be kept confidential.

Discriminatory, rude, and/or inappropriate language will not be tolerated in this class, and any student(s) choosing to (1) act in a discriminatory or rude manner or (2) use inappropriate language will be asked to leave the class. Disruption of class or inconsiderate behavior will not be tolerated. **If the student continues to act in the same manner during future classes, the instructor reserves the right to drop the student from the course.** Please read the student handbook regarding student conduct.

Electronics

Texting and the use of social media during class is disrespectful and distracting to others. All electronics must be put away and phones must be on silent.

COURSE ASSIGNMENTS AND GRADING

Reaction Papers (100 points total):

A total of 10 reaction papers will be submitted weekly, with a minimum of 100 requiring your response to reading material, class discussion or videos. **Papers must be submitted by 11:59 friday of each week.** They are reflective, don't worry about trying to do this in APA.

APA Writing Assignment (50 points):

Knowing how to write in APA format is important. To enhance your knowledge of APA style, a short APA assignment will be given. The instructor will give more details about the assignment.

Quizzes (50 points):

To check for understanding of course content, there will be a quiz on D2L throughout the semester. There are 8 in total. Course Calendar TBA in class.

Ethics Presentation (100 points):

In assigned groups, students will create/imagine an ethical dilemma within the counseling field. The instructor must approve of the topic first (email me by 10/18). As a group, students will compose a presentation, give handouts, and lead a discussion over their ethical issue – in a video or class presentation. Handouts and presentation must have APA cited sources. Creativity is highly encouraged. Evaluation will be based on information content, student knowledge (can you demonstrate that knowledge), creativity used and the handouts. The grading rubric will be arranged through class and instructor collaboration.

Counselor Identity Paper (100 points):

You will complete a counselor identity paper regarding your beliefs about the helping professions (psychology, counseling, social work, etc.). You will use the guidelines below in preparing your paper. The purpose of this paper is for you to consider your personal beliefs regarding the helping professions and the professional practice of counseling. Please answer the following questions in conjunction with your desired career goals in the helping fields (psychology, counseling, social work, etc.). This is a personal reflection paper, not a research paper. Therefore, your responses to the questions will be in your own words, without reference to other authors/sources.

1. How do you define the role/job of a professional helper? Define this in your own words. Be thorough in your response.
2. What has led you to consider the helping fields?
3. Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does during a counseling session?
4. Based on your beliefs, experiences, etc., what are the 3 most important things a counselor does not do during a counseling session (do not simply state the opposite of your response above)?
5. What two or more personality characteristics do you believe may serve as personal strengths in your role as a helping professional?
6. What two or more personality characteristics do you believe may serve as personal barriers in your role as a helping professional?
7. With what client population do you think you would have the easiest time counseling? Explain thoroughly.
8. With what client population do you think you would have the most difficult time counseling? How do you think you would deal with this when that particular client comes to you asking for help?
9. How would you define the appropriate dress code for the setting in which you hope to work?
10. Many helping professionals consider themselves to be role models in the community, even when they are not “on the clock” at their work setting. Are there any behaviors you believe helping professionals should expressly avoid doing, even when they have their “civilian hats” on? Explain them and your reasoning behind your opinion.
11. Self-care is a particularly important task of the helping professional. How do you plan to take care of yourself and prevent professional burnout should you go into a helping profession?

Note: The University takes very seriously the act of plagiarism – claiming someone’s work as your own. To that end, I will use TurnItIn to review your written projects for evidence of plagiarism. Work determined to have been plagiarized will be assigned a grade of 0, and, depending upon the severity of the infraction, could result in a final grade of “F” in COUN 301.

FINAL GRADES

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 = 278 or Below

Late Assignment Policies

All assignments are due on the given assignment date. Late assignments will not be accepted (except for excused absences with instructor approval). All assignments must be uploaded and submitted to D2L. Emailed assignments will not be accepted.

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 and location.

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 point release of that major version) and the previous major version of iOS (the latest minor or point 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/>
- Adobe Flash Player (version 17 or later) <https://get.adobe.com/flashplayer/>
- Adobe Shockwave Player <https://get.adobe.com/shockwave/> o Apple Quick Time <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.

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

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

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

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

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

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

Web url:

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

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

FLEXIBLE COURSE CALENDAR
(subject to change at the discretion of the instructor)

| Week | Class Content and Activity | Assignments |
|-------------|--|---|
| Week 1: | Course Overview/Syllabus Chapter 1: Who Are Counselors? Chapter 2: What Do Counselors Do? Mini-Lecture and Video | Complete Google Form Quiz #1 on D2L Intro - DB |
| Week 2: | Chapter 3: How Are Counselors Trained and Regulated? Read: Journal Articles Watch: APA 7 th Edition Videos APA Style Review <i>Ethics Presentations teams assigned this week.</i> | Quiz #2 on D2L Complete DB #1 <i>Reach out to your assigned team</i> |
| Week 3: | Chapter 4: How Do Counselors Integrate Personal and Professional Identity? Watch: Mini-Lecture | APA Assignment Complete DB #2 |
| Week 4: | Chapter 12: How Do Counselors Make Legal and Ethical Decisions? Watch: Mini-Lecture | Quiz #3 Complete DB #3 |
| Week 5: | Chapter 6: How Do Counselors Use Theories? Watch: Mini-Lecture and Videos | Quiz #4 on D2L Complete DB #4 |
| Week 6: | Chapter 7: How Do Counselors Use Research? Watch: Mini-Lecture | Complete DB #5 Quiz #5 on D2L |
| Week 7: | Chapter 8: What Happens in a Counseling Session? | Complete DB #6 |

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|----------|---|---|
| | Watch: Mini-Lecture and Videos | <i>Ethics Topic must be approved this week</i> |
| Week 8: | Chapter 9: Where Does Counseling Take Place? Watch: Mini-Lecture and Videos | Complete DB #7 Quiz #6 on D2L |
| Week 9: | Chapter 10: Social Justice and Culturally Competent Counseling Watch: Mini-Lecture and Videos | Quiz #7 on D2L Complete DB #8 |
| Week 10: | Chapter 11: Collecting and Using Assessment Information Watch: Mini-Lecture | Quiz #8 on D2L Complete DB #9 |
| Week 11: | Chapter 13: Wellness/Self-Care Watch: Webinar of Self Care Planning Read: Self-Care Materials | Counseling Identity Paper Due |
| Week 12: | Thanksgiving Break | Quiz #9 Complete DB #10 <u>NO Responses to Classmates required this week</u> |
| Week 13: | Work on Ethics Presentations | Continue work on your ethics presentations |
| Week 14: | Ethics Presentations | Ethics Presentations DUE Please take the course survey |
| Week 15 | YOU DID IT!! Have a good break | |