

PYSCH 3900: Introduction to Counseling
WEBSTER UNIVERSITY
Summer I 2008
May 31-Aug 1

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Course Description

This course introduces a variety of counseling theories, techniques, and skills; Focuses on the problems and issues facing a professional counselor in a variety of settings (including individual and group counseling, family counseling, counseling handicapped individuals, career counseling, and counseling). Provides students with opportunity to explore new dimensions in counseling and to confront and clarify their own reasons for wanting to do this kind of work.

Course Objectives

By the end of this course, students will:

1. Understand basic counseling definitions, goals, historical development and professional organizations.
2. Identify and understand the philosophical foundations of the counseling field
3. Understand the importance of theories of human behavior (and their therapies) in the field of counseling
4. Understand the basics of classic Psychoanalysis and the Neopsychoanalytic method, Rogers, Gestalt Counseling, Existential methods, Behavioral Counseling, Reality Therapy, and Rational Emotive Therapy.
5. Compare, contrast, and evaluate the major counseling approaches and begin to build a personal theory of counseling.
6. Understand the general process of counseling from the initial interview to the termination and follow-up.
7. Understand the relevance of special issues in counseling such as: anger, hostility, sadness, anxiety, counselor burnout and diversity.

8. Describe and understand the counseling profession's ethics.

Required Text

Neukrug, Ed (2007). *The World of the Counselor: An Introduction to the Counseling Profession*. (3rd Ed).

Course Requirements

This course seeks to expand student understanding of the counseling profession. The class will be a combination of lecture, small and large group discussion, demonstrations, experiential activities, videos, power point, role plays, and student presentations. The use of case studies and other modalities will be used to serve as points of application for critical analysis of course material.

Attendance

Students are expected to punctually attend all classes and actively participate in class room activities, unless emergencies or duty requirements prohibit. If a student misses a class, they are responsible for course material, notes etc. Make up exams will be scheduled only if arranged in advance of the scheduled exam date.

Course Assignments

1. Chapter Presentations (15 points)
 - i. Students will be placed in groups in order to make presentations on chapters. Each group will bring outlines of their chapter for distribution to class. Students may use PowerPoint and experiential activities etc. for chapter presentation methods. Students are to also provide a quiz after each presentation to the class (10-15 questions per quiz). The class will go over quiz together and this information will be used as a study guide for the final exam. The students are also required to use props such as: posters in order enhance presentation and to stimulate discussion about the chapter.

2. Role play (15 points)

Students will be given situations and 2 people will role-play. 1 person will be a counselor and 1 person will be the client and then the roles will switch.

3. Portfolio (10 points)
 - a. Each student will keep a portfolio that will consist of 3 sections: **class documents (syllabus and any other documents that are given in class this also includes chapter presentations), 2 article**

critiques per week (read, summarize and date) and vocabulary terms (any terms that the instructor or the chapter presenters highlight in each chapter).

4. Weekly quizzes on assigned chapters (5pts each)-total of 7 quizzes
5. Course Exam (15 points)- exams are multiple choice, t/f and short-Answer (the information will include some information from chapter presentation quizzes)
 - a. Final Exam
4. Student Participation (10 points)

Grading

A total of 100 points may be earned. Final grades will be assigned using letter grades based on the following scale:

93-100 = A	88-92 = B+
80-87 = B	76-79 = C+
70-75 = C	< 70 = F

**Course Schedule
Summer I 2008
May 31-Aug 1
TOPIC**

WEEK #

READING

Week #1 (June 5)	Course Introduction/ activities/ discuss assignments	Chap 1-3
Week #2 (June 12)	Counseling Approaches/ Counseling skills Chapter review & practice questions Instructor article critique Article critiques/Case Study Assign chapters for student presentations	Chap 4 & 5
Week #3(June 19)	Family Counseling/ Group Work Chapter presentations Instructor Lecture Article critiques Case studies Chapter 6/Student: _____ Chapter 7/Student: _____	Chap 6 & 7
Week #4 (June 26)	Consultation & Supervision/ Development Chapter Presentations Article critiques Instructor Lecture Case Studies Chapter 8/Student: _____ Chapter 9/Student: _____	Chap 8 & 9
Week #5 (July 3)	Abnormal development/ Careers Chapter Presentations Instructor Lecture Case Studies Article critiques Chapter 10/Student: _____ Chapter 11/Student: _____	Chap 10 & 11
Week #6(July 10)	Research, Program Evaluation & Appraisal Chapter Presentations Instructor Lecture Case Studies Article critiques Chapter 12/Student: _____ Chapter 13/Student: _____	Chap12& 13
Week #7 (July 17)	Social & Cultural Foundations Chapter Presentations Instructor Lecture Case Studies	Chap 14 & 15

Article critiques

Chapter 14/Student: _____

Chapter 15/Student: _____

Week #8(July 24)

role-plays/review for final Chap 10-15/

Ch. 16-19

Week #9 (July 31)

Exam –Final/Portfolios Due