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| Course | COUN 5650 Conjoint Counseling | |
| Term, Day, Time | Spring 2, 2010 – Tuesday 6:00pm-10:00pm 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11 | |
| Instructor | Name: Lu Griz, PsyD Phone: (904) 753-0426 Email: drlugriz@bellsouth.net | |
| Catalog Description/ Content Area | <p>This course examines the theory and application of differing styles of counseling couples and families, stressing therapeutic practice when counseling couples and or family members simultaneously. The primary focus is on theories, models, and interventions employed when counseling various combinations of persons in relationships (as differentiated from groups). Multicultural and ethical issues will be integrated. Students will explore the various forms of counseling couples, including persons in marriage, same sex unions, work relationships, friends, and extended family members.</p> <p>Content Areas: some content in Helping Rxs, Ethical Practice, Social and Cultural Diversity, and Human Growth and Development AS RELATED TO MFT and systems counseling.</p> | |
| Learning and Skills Outcome Objectives | <p><i>Upon successful completion of this class students will be able to:</i></p> <ol style="list-style-type: none"> 1. Demonstrate understanding of the major theoretical approaches in systemic couple therapy. 2. Demonstrate therapeutic interventions for a range of situations encountered in relationship counseling. 3. Demonstrate understanding of the role played by gender and power in conjoint relationships and possible therapeutic interventions 4. Demonstrate the ability to apply appropriate counseling techniques relevant to couples with racial, ethnic, and cultural diversity. | |
| Materials | Long, Lynn L. and Young, Mark E. (2007) <u>Counseling and Therapy for Couples, Second Edition</u> , Thompson Brooks/Cole ISBN: 0-495-00595-9 | |
| Methods of Instruction | Students will learn through a variety of methods which include, but are not limited to lecture, text readings, discussion, role plays, and interviews. | |
| Grading | <p>Assignments</p> <ul style="list-style-type: none"> ◆ Role-play Counseling Session in Class ◆ Audiotape – Initial Counseling Session ◆ Written Summary of Initial Counseling Session ◆ Mid-Term Exam ◆ Audiotape of Second Session ◆ Final Exam ◆ Class Participation <p>TOTAL</p> | <p>Maximum Points</p> <ul style="list-style-type: none"> 5 Points 10 Points 10 Points 20 Points 20 Points 25 Points 10 Points <p>100 Points</p> |

| Percentage of Total Points | Grade |
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| 95%-100% | A |
| 90%-94% | A- |
| 88%-89% | B+ |
| 84%-87% | B |
| 80%-83% | B- |
| 70%-79% | C |
| Below 70% | F |

The Graduate catalogue provides these guidelines and grading option:
 Grades in the program are A, A-, B, B-, C, F, CR, I, ZF, and W

- A/A- Superior graduate work
- B+/B/B- Satisfactory graduate work
- C Marginal work
- F Unsatisfactory work
- CR Credit given for practica/internships
- I Incomplete work
- ZF Permanent grade for unfinished incomplete grade which treated as an F
- W Withdrawn from the course

The grading of this course has a subjective component that is based upon the experience of the instructor. The Counseling faculty recognizes that counseling skills and counselor effectiveness cannot be assessed in the same manner as academic performance in other disciplines. Students completing this course should *demonstrate marked progress toward the course objectives* as noted above as well as be able to write coherently and interact professionally with peers. Your final grade in this course will reflect *not only your academic performance but also your interpersonal skill development as evaluated by the instructor*. For example, it is possible to excel academically and receive a final grade less than an A or B. Thus, all grades will reflect a combination of *objective and subjective* assessment.

Activities

Course Requirements:

- Audiotape of initial interview with couple
- Written summary of initial session
- Mock counseling in class
- Mid Term Exam
- Audiotape of treatment intervention with couple
- Final Exam
- Class participation

Scoring Criteria: Audiotapes

- Demonstrates ability to conduct initial interview and treatment intervention utilizing material learned in class
- Demonstrates ability to take charge of counseling sessions
- Demonstrates ability to gain rapport with clients

Scoring Criteria: Mock Counseling in Class

- Willingness to practice counseling skills with classmates

- Willingness to accept constructive feedback from classmates and teacher

Scoring Criteria: Written Summaries

- Demonstrates ability to summarize information from session with correct English grammar and spelling
- Presents background information and history of couple
- Identifies primary problems with couple
- Identifies couples' verbal and nonverbal interaction styles

Scoring Criteria: Mid-term and Final Exams

- Demonstrates understanding of information in textbook
- Demonstrates understanding of information taught in class by applying it to case examples and/or explaining it in written form
- Written in legible handwriting

Scoring Criteria: Class Participation and Attendance:

- Students are expected to attend all class sessions of every course for the full 36 contact hours. In the case of unavoidable absence, the student must contact the instructor. The student is subject to appropriate academic penalty for incomplete or unacceptable makeup work, or for excessive or unexcused absences. Generally, a student who misses more than one four-hour course period (per course) without a documented military or medical excuse and advanced permission of the instructor should withdraw from the class. The University reserves the right to involuntarily drop enrolled students from classes, which they do not attend. Students who do not attend the first class session will be dropped from this course.
- Attendance the last day of class is mandatory to ensure that all work is completed and to be awarded a passing grade. An Incomplete will not be acceptable without documental proof (Death Notice, Doctor's Letter, etc.) as to absence relating to non-completion of class work. These must be faxed 904-262-1459 or dropped off to Webster University by the Monday after the term ends.
- Participants are expected to arrive on time and be actively involved in the learning experience. Each student should desire to learn, participate, and proactively contribute to the learning of others during each discussion and exercise.
- Students are to participate in classroom discussions. The discussions are an opportunity for students to reveal their understanding of the assignments made for the current and previous classes.
- Assignments are given to prepare the student to participate in class discussions; therefore, it is imperative that reading assignments and associated questions for discussion be completed prior to class.
- A maximum of 10 points will be awarded based on the level and quality of participation and preparation.
- Failure to turn in an assignment within one week will result in a grade of "0" for that assignment. In addition, failure to submit an assignment will lower the final grade by an additional two points.
- All assignments are due as detailed in the Course Schedule.
- Late assignments will be accepted, if they are turned in ***no later*** than one

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| | <p>week later, but will be penalized one letter grade. Furthermore, late assignments will lower the student's final grade by an additional one point. (Late assignments will not be accepted for the final assignments the last week of the course to allow timely completion and grades to be submitted).</p> <ul style="list-style-type: none"> • Students are expected to speak and write Standard English in this class. |
| <p>Policy Statements: University Policies</p> | <p>University policies are provided in the current course catalog and course schedules. They are also available on the university website. This class is governed by the university's published policies. The following policies are of particular interest:</p> <p><u>Academic Honesty</u> The university is committed to high standards of academic honesty. Students will be held responsible for violations of these standards. Please refer to the university's academic honesty policies for a definition of academic dishonesty and potential disciplinary actions associated with it.</p> <p><u>Drops and Withdrawals</u> Be aware that, should you choose to drop or withdraw from this course, the date on which you notify the university of your decision will determine the amount of tuition refund you receive. Please refer to the university policies on drops and withdrawals in the Graduate Studies Catalogue to find out what the deadlines are for dropping a course with a full refund and for withdrawing from a course with a partial refund.</p> <p><u>Special Services</u> If you have registered as a student with a documented disability and are entitled to classroom or testing accommodations, please inform the instructor at the beginning of the course of the accommodations you will require in this class so that these can be provided.</p> <p><u>Conduct:</u> Students enrolling in a degree program at Webster University assume the obligation of conducting themselves in a manner compatible with the University's function as an education institution. Misconduct for which students are subject to discipline may be divided into the following categories:</p> <ol style="list-style-type: none"> 1. All forms of dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University. 2. Obstruction or disruption of teaching, research, administration, disciplinary procedures, or other University activities or of other authorized activities on University premises. 3. Classroom disruption. Behavior occurring within the academic arena, including but not limited to classroom disruption or obstruction of teaching, is within the jurisdiction of Academic Affairs. In case of alleged campus and/or classroom disruption or obstruction, a faculty member and/or administrator may take immediate action to restore order and/or to prevent further disruption (e.g. removal of student[s] from class or other setting). Faculty members have original jurisdiction to address the immediacy of a situation, as they deem appropriate. When necessary and appropriate, Public Safety and/or the local [or military] police |

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| | <p>may be contacted to assist with restoring peace and order. Faculty response is forwarded to the academic dean (or his or her designee) for review and, if necessary, further action. Further action might include permanent removal from the course. Repeated offenses could lead to removal from the program and/or the University.</p> <p>4. Theft of or damage to property of the University. Students who cheat or plagiarize may receive a failing grade for the course in which the cheating or plagiarism took place.</p> <p>Students who engage in any of the above misconducts may be subject to dismissal from the University on careful consideration by the executive vice president of the University or his designee. To the extent that penalties for any of these misconducts (e.g. theft or destruction of property) are prescribed by law, the University will consider appropriate action under such laws.</p> <p>Students are subject to the Student Code of Conduct and Judicial Procedure described in the Online Student Handbook and the Student Handbook for Counselor Education.</p> |
| <p>Course Policies</p> | <p>Course Requirements:</p> <p><u>Self-Awareness, Safety of Disclosure, Appropriate Interpersonal Skills and ACA Code of Ethics:</u></p> <p>In the interaction between class members, self-disclosure and personal examination will occur. All interactions fall under the same umbrella of confidentiality as do client/counselor relationships, i.e., what is discussed in the class stays in the class and is not discussed with other students outside of the course or friends. Any violations of the ethical standards will be dealt with accordingly. Maintaining confidentiality is the primary ethical principle of counselors. If a student fails to maintain the confidentiality of clients or classmates, the student risks a failing grade in the course. In addition, the instructor will refer the breach of confidentiality to the Counseling Advisory Committee for disciplinary action of the student.</p> <p>We will be learning from each other in addition to the text throughout the semester. Therefore, it is important that everyone feels safe, comfortable, and free to discuss and elaborate on their thoughts around their developing knowledge and skills. In class, it is important for each of us to be respectful of one another’s positions; relating to others in an empathic manner occurs in class <i>just as with clients</i>. You are encouraged to make your feelings and thoughts known, yet, to do so in a “counselor manner”, i.e., respecting the position of listener while giving voice to your thoughts and using your budding counselor attending skills. This is an opportunity for you to practice and evidence your basic skills of empathy, warmth, genuineness, and congruence by communicating in a manner consistent with a good counselor. The building of trusting alliances with your classmates is as important as doing so with your clients. Therefore, you will be practicing some of the same skills when participating in class as in counseling sessions with your clients one day.</p> |

Further, **openness to supervision and instruction** by the instructor can become an issue for some students and is, therefore, emphasized here. Openness to supervision is defined as: accepting supervision—both individual and in class; recognizing your own personal strengths, weaknesses, biases, needs, and beliefs; sensing personal and professional impact on others, both positive and negative; accepting and applying feedback from instructor; seeking out needed experiences, feedback, etc., in a proactive way; and accepting feedback in a non-defensive manner with a professional attitude.

Students who do not evidence openness to supervision and or appropriate interpersonal skills are subject to remediation by the Counseling Advisory Committee at the campus. See the student handbook and or catalog for further detail.

ACA Code of Ethics (2005)

Counselors-in-training have a responsibility to understand and follow the ACA Code of Ethics and adhere to applicable laws, regulatory policies, and rules and policies governing professional staff behavior at the agency or placement setting. Students have the same obligation to clients as those required of professional counselors.

(See C.1., H.1.)

Cell Phones

Turn off all cell phones during class unless otherwise advised by the instructor.

Academic Integrity

All of your work in this class should be original to you and to this class. You are expected to explore, analyze, and discuss the ideas of others, but you must give them proper credit through citations and references. You may continue to explore an area of interest, but you must do new or additional research and writing.

Recycling papers from other coursework is not acceptable.

According to the *Publication Manual of the American Psychological Association* (2001), plagiarism involves presenting the work of another as if it were your own work. It is very important that you give appropriate credit to others when you use their work. If you paraphrase someone else's work, you must also give them credit with a citation.

All students are expected to know what constitutes plagiarism and to avoid committing plagiarism in their written work. Plagiarism will not be excused by ignorance on the student's part. If you believe that you do not have a clear understanding of plagiarism, see your instructor immediately and before any written work is turned in.

Course Attendance:

The University reserves the right to drop students who do not attend class the first two weeks of the term/semester. Absences will result in a significant loss of learning, which will not be recouped through borrowing a classmate's notes. **Students are expected to attend all class sessions of every course.** It is expected that you will come to class having completed the reading assignments and will ask questions and participate in all activities. You may also be asked to self-disclose in a training environment.

The student is subject to appropriate academic penalty for incomplete or unacceptable makeup work, or for excessive or unexcused absences. See *Grading* for further information.

Course Contact Hours:

Unless a course has enrolled fewer than four students, faculty have a contractual obligation to meet the full complement of contact/meeting hours (32 for undergraduate courses; 36 for graduate courses). Not to meet this full complement of hours may be construed as a breach of contract and may also endanger Webster University's accreditation by The Higher Learning Commission and membership in the North Central Association of Colleges and Schools, and its licensure by the State of Florida. Finally, course meetings which are missed for any reason must be made up.

DETERMINATION OF GRADES IS BASED THE FOLLOWING CRITERIA:

Minimum Requirements:

Products (papers, case studies, projects) must be on time, in the correct format, corrected for spelling and grammar, appropriate materials included and referenced to-the-point and on topic and conclusions must be supported.

Examinations must be complete, accurate, neat, evidence clear thought, and exhibit concise and to-the-point responses.

Behavior in class discussions and group activities should be responsible, should exhibit open communication, be constructive, and helpful.

Mastery Level (Grade of "B"): *Professional Achievement*

Products must meet the requirements stated above for minimum requirements and additionally meet professional criteria. For example, documentation should be included to support research papers, the APA format should be used consistently throughout the paper, and substantially more than the minimum number of references should be included. Presentations should be logical, organized, and comprehensive.

Examinations should be organized, in depth, comprehensive, logical and complete, and evidence thorough understanding of the subject /topic through application of principles.

Classroom behavior should exhibit very focused activity and thought on the subject at hand, be motivated, and assist in discovery of new insights and relationships concerning the subject/topic of discussion.

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| | <p>Mastery Level Plus (Grade of "A"): <i>Creative Achievement</i> Products must meet all requirements stated above and additionally meet creative criteria. These criteria include unique topic or subject selection, synthesis of ideas, evaluation of subject matter and positions found in the literature, be creative in approach, establish new relationships with ideas and provide new insights.</p> <p>Examination responses indicate insightfulness of understanding, a synthesis of information and unique ideas, and rationale for application of principles following careful analysis.</p> <p>Classroom behavior should exhibit very focused activity and thought on the subject at hand, be motivated, and assist in discovery of new insights and relationships concerning the subject/topic of discussion.</p> <p>The grade of "A" represents the best work of students, accomplished in a unique and professional manner.</p> <p>Note: To achieve the objectives of this course, this syllabus may be revised at the discretion of the instructor without prior notification or consent of the student.</p> | |
| Weekly Schedule | | <p>Pre-Assignment for Sessions 1 & 2:</p> <ul style="list-style-type: none"> • Read Chapters 1 & 2 |
| | <p>Session 1</p> | <p>THEME: Overview / Assessment and Initial Interview Topics:</p> <ul style="list-style-type: none"> • Review Course Objectives and Requirements • Learn techniques for assessing couples <p>Assignments for Session 2:</p> <ul style="list-style-type: none"> • Read Chapters 3 & 5 |
| | <p>Session 2</p> | <p>THEME: Traditional Models of Couple Therapy Topics:</p> <ul style="list-style-type: none"> • Brief Strategic Counseling • Cognitive-Behavioral Couple Therapy • Solutions Focused Couples Therapy <p>Assignments for Session 3:</p> <ul style="list-style-type: none"> • Read Chapters 4, 6, & 7 • Conduct Initial Interview |

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| | Session 3 | <p>THEME: Integrative Approaches Topics:</p> <ul style="list-style-type: none"> • Integrative Couples Therapy • Emotionally Focused Therapy • Conflict Focused Therapy <p>Assignments for Session 4:</p> <ul style="list-style-type: none"> • Read Chapters 8 & 10 • Complete Written Summary of Initial Interview |
| | Session 4 | <p>THEME: Treatment Strategies Topics:</p> <ul style="list-style-type: none"> • Initial interview Tape and Written Summary Due • Principles for Making Marriage Work • Communication Skills • Conflict Resolution • Five Love Languages <p>Assignments for Session 5:</p> <ul style="list-style-type: none"> • Review for Midterm • Read Chapters 9 & 12 |
| | Session 5 | <ul style="list-style-type: none"> • Midterm Exam <p>THEME: Special Treatment Issues Topics:</p> <ul style="list-style-type: none"> • Domestic Violence • Infidelity <p>Assignments for Session 6:</p> <ul style="list-style-type: none"> • Read Chapters 13 & 15 • Conduct Second Interview |
| | Session 6 | <p>THEME: Special Treatment Issues Topics:</p> <ul style="list-style-type: none"> • Substance Abuse • Sexual Dysfunction • Same Sex Couples <p>Assignments for Sessions 7:</p> <ul style="list-style-type: none"> • Complete Written Summary of Initial Interview • Read Chapter 11 |

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| | Session 7 | Second tapes and written summary due THEME: Special Treatment Issues Topics: <ul style="list-style-type: none"> • Multicultural Couples • Developmental Issues • Individual Psychopathology • Illness Assignments for Session 8: <ul style="list-style-type: none"> • Read Chapter 14 |
| | Session 8 | THEME: Special Relationship Issues Topics: <ul style="list-style-type: none"> • Divorcing Couples • Blending Couples • Parent/Child Issues Assignments for Session 9: <ul style="list-style-type: none"> • Review Notes for Final Exam |
| | Session 9 | THEME: Recapitulation Topics: <ul style="list-style-type: none"> • Catch up and Complete Unfinished Business • Final Exam |

Reviewed by: Dr. Stephanie Vavilala

Job Title: Counseling Coordinator

Date: 3/1/10