

Course	COUN 5020 Foundations of Counseling: The Helping Relationship	
Instructor	Name:	Gene Chavez, Ed.D.
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Course Description	The student examines the philosophic bases of counseling, the helping relationship, and counseling practice, and application. Development of counselor self-awareness is emphasized.	
Incoming Competencies (Prerequisites)	Student should be admitted to the Webster University MA COUN program.	
Course Objectives	<ul style="list-style-type: none"> • To increase self-awareness in students regarding their strengths and capabilities toward becoming counselors and to provide experience to foster ideas for career direction. • To teach the basic stages of the counseling process. • To teach basic counseling skills. • To direct practice of basic counseling skills, in class and as assignments. • To highlight the writers and journals in the counseling field. • Provide a forum for discussion of the ethical standards of various counseling organizations. 	
Course Materials	<p><u>Professional Counselor</u> by Hackney & Cormier, 5th edition, Allyn & Bacon Publishing, ISBN 0-205-41065-0.</p> <p><u>Problem Solving Therapy</u> by Haley, 2nd edition, Jossey Bass Publishing, ISBN 1555423620. Available at Libraries and UMKC Bookstore.</p> <p>Text editions are subject to change. Please refer to MBS Direct as to correct/current edition.</p> <p>Text(s) may be obtained from MBS Direct Books at 1-800-325-3252 or www.mbsdirect.net. Checks and credit cards accepted.</p>	
Course Grading	Skill development video	15%
	Reflective journal	20%
	Position paper	25%
	Midterm (20 %) Final (20%)	40%
Policy Statements	Academic Dishonesty: Webster University strives to be a center of academic excellence. As part of our Statement of Ethics, the University strives to preserve academic honor and integrity by repudiating all forms of academic	

and intellectual dishonesty, including cheating, plagiarism and all other forms of academic dishonesty. Academic Dishonesty is unacceptable and is subject to a disciplinary response. See page 29 of the Webster University 2005-2007 Graduate Catalog for a complete description. The University reserves the right to utilize electronic databases, such as Turnitin.com, to assist faculty and students with their academic work.

Note

This syllabus may be revised at the discretion of the instructor without prior notification or consent of the student.

Each student will have access to a video recorder and will have 1 video tape of 15+ minutes which will illustrate mastery of basic counseling skills. The tape will be produced during class time.

Read Chapter 1 in text.

Some variation in time sequence may occur due to availability of speakers.

<u>Week</u>	<u>Topic</u>
1	Introductions and review of course syllabus. Review of course expectations. Topic(s): the characteristics of a professional helping relationship. Preparation and licensure requirements. Read Chapter 1 in text. Activities: group work, speaker.
2	Topic(s): Characteristics of an effective therapeutic relationship. Introduction to skills of listening, conveying empathy, reframing. Read Chapters 2-3 in text. Activities: lecture/discussion, group work.
3	Topic(s): Initial stages of therapy. Read chapters 4-5 in text; Chapter in Haley. Handouts, assigned journal articles. Activities: lecture, discussion, group work.
4	Topic(s): Stages of therapy (con't). Read Chapters 6-7 in text; Chapter 5 in Haley. Handouts, assigned journal articles. Activities: Discussion, group work.
5	Midterm (to be discussed). Topic(s): Professional literature and research. Read handouts. Activities: Lecture/discussion.
6	Topic(s): Dual relationships. Issues of confidentiality. Read Appendix A, Handouts. Activities: Discussion.
7	Topic(s): Stages of Therapy: theories and interventions. Read chapter 9-10 in text. Activities: lecture/demonstrations.
8	Personal reflections paper due. Topic(s): Termination of therapy. Read chapter 11 in text. Activities: Lecture, discussion, paper due.
9	Final exam. Discussion of interviews. Course wrap-up.