



COLLEGE OF ARTS
& SCIENCES COURSE SYLLABUS

Course	COUN 5500 Counseling the Anxious Client (1 hr seminar) 3 Saturday mornings July 11, July 18, July 25 8:30-12:30
Instructor	Name: Linda H. Day Phone: (816) 916-7170 lv message Email: lday@webster.edu
Course Description	A frequently encountered client is the one who is struggling with some form of perceived anxiety. This seminar addresses numerous components of diagnosis and treatment for such a client. Students will review some of the physiological bases of the nervous response and will learn at least four treatment strategies. Also, self-management issues for the therapist will be discussed.
Incoming Competencies (Prerequisites)	Student should be admitted to the Webster University MA/COUN or contact the instructor for information..
Course Objectives	<p><u>During the course</u>, the student will</p> <ol style="list-style-type: none">1. Participate in professional discussions based upon readings and lectures2. Observe demonstrations and give feedback3. Participate in practice sessions4. Follow a case study, giving professional feedback5. Review the chapter on Anxiety Disorders in DSM-IV6. Continue to self-observe and understand own's response in anxiety producing situations <p><u>At the end of the course</u>, the student will</p> <ol style="list-style-type: none">1. Know the differences between various manifestations of anxiety, including anticipatory anxiety.2. Have a basic understanding of the role of the sympathetic and parasympathetic nervous systems and be able to explain these functions to clients

	<ol style="list-style-type: none"> 3. Have learned and practiced four techniques which can aid clients with reducing the symptoms of anxiety 4. Have perused the professional literature on the topic of treatment for anxiety 5. Have self-knowledge regarding own responses to anxiety-producing Situations. 								
Course Materials	<p>List title, author, edition, publisher, AND ISBN number. No textbook is required. Handouts will be provided by instructor.</p>								
Course Grading	<table border="0"> <tr> <td>Personal Reflections Journal (3) **</td> <td style="text-align: right;">45%</td> </tr> <tr> <td>Annotated bibliography **</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>In-class Directed Practice (2) **</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Self-Report **</td> <td style="text-align: right;">25%</td> </tr> </table> <p>** Specific guidelines will be given</p>	Personal Reflections Journal (3) **	45%	Annotated bibliography **	10%	In-class Directed Practice (2) **	20%	Self-Report **	25%
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Note	<p>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 28 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</p> <p>This syllabus may be revised at the discretion of the instructor without prior notification or consent of the student.</p>								
Other	SEE CALENDAR								
Assignment to complete prior to first meeting	<p>Informed participation is expected at a “graduate school” level. Professional conduct in a learning, collaborative environment will be the norm. Instructor Note: Expect a relaxed, enjoyable atmosphere with activities designed to promote professional and personal growth.</p>								

<u>Week</u>	<u>Topic</u>
1	Seminar Calendar Session 1: (JULY 11) Topics: A Model of Explanation. Activities: Video. Exercises
2	Session 2: (JULY 18) Topics: TBA Due: Reflections Journal #1 Activities: Speaker. Exercises. Lecture/ Discussion
3	Session 3: (JULY 25) Topics TBA Due: Annotated Bibliography Entries Due: Reflections Journal #2 Activities: Speaker. Guided practices. Reviews
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5	DATE to be Determined Due: Reflections Journal #3 Self Report
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