

Techniques of Counseling

COUN-5610

S1 2022 Section BG 3 Credits 01/10/2022 to 03/11/2022 Modified 12/08/2021

Meeting Times

Spring I Term Dates: January 10, 2022 - March 11, 2022

First Day of Class will meet on Thursday, January 13, 2022

Class Meeting Day: Thursday's from 6:00pm - 10:00pm - The Soldier Development Center (SDC), Building 2-1728

Contact Information

Instructor: Dr. Myra N. Robinson., PhD., LCMHCS

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Phone: (910) 527-8474

Office Hours: Upon Request

Term: Spring I 2022 - Monday - January 10, 2022 - March 11, 2022

6:00pm - 10:00pm

Location - The Soldiers Development Center (SDC)

BLDG - 2-1728, on the corner of Macomb and Armistead

Description

This course emphasizes the stages of the helping relationship. Students practice basic and advanced counseling skills. Students learn to help clients identify the problem that provides the focus for counseling and implement a treatment plan. They also learn the significance of openness to supervision and self-evaluation. Multicultural and ethical components are integrated. Students practice skills during in-class role play situations. Self-growth experiential activities are associated with this course content.

Objectives

Upon successful completion of this class students will be able to:

1. Demonstrate proficient use of basic and advanced professional counseling skills from a human growth and development (professional counseling) perspective.
2. Demonstrate skill in conducting an intake interview, a mental status evaluation, a biopsychosocial history, and a mental health history.
3. Illustrate appropriate development of case conceptualization.

4. Apply multicultural competencies to counseling skills involving case conceptualization, diagnosis, and treatment.
5. Demonstrate the ability to assess and manage suicide risk.
6. Describe basic ethical and legal standards in relation to advance professional counseling skills.
7. Explain record-keeping standards related to clinical mental health counseling.
8. Identify his or her own limitations as a clinical mental health counselor and when to seek supervision or refer clients.
9. Describe personal characteristics, including strengths and weaknesses that influence counseling effectiveness.
10. Summarize the current trends in the professional counseling literature as related to counseling techniques.

Method of Instruction

Students learn to define, generalize, organize, and critique the developing counseling relationships.

Students practice skills in role-played situations in and out of class; use of skills practice will be heavily involved in this course.

Self-growth experiential activities are associated with this course.

Classes will include lectures, experiential work, reading, writing, and discussions.

The course emphasizes the development of counselors self-awareness and understanding of personal motives for choosing the field of counseling as a career.

Outcomes

2016 CACREP Standards & Corresponding Assessments

The impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others (CACREP, 2.F.2.d)

- Self-evaluation papers

Self-care strategies appropriate to the counselor role (CACREP, 2.F.1.i)

- Self-evaluation papers

Counselor characteristics and behaviors that influence the counseling process (CACREP, 2.F.5.f.)

- Individual skills videos development, review and feedback & Readings/MyLab activities

Evidence-based counseling strategies and techniques for prevention and intervention (CACREP, 2.F.5.j.)

- Individual skills videos development, review and feedback & Readings /MyLab activities

Processes for aiding students in developing a personal model of counseling (CACREP, 2.F.5.n.)

- Individual skills videos development, review and feedback & Readings/MyLab activities

Cultural factors relevant to clinical mental health counseling (CACREP, CMHC.C.2.j.)

- Individual skills videos development, review and feedback & Readings/MyLab activities

Legal and ethical considerations specific to clinical mental health counseling (CACREP, CMHC.C.2.i.)

- PSE

Techniques and interventions for prevention and treatment of a broad range of mental health issues (CACREP, CMHC.C.3.b.)

- Individual skills videos development, review and feedback & Readings/MyLab activities

Materials

Learning the Art of Helping

Author: Young, Mark

Publisher: Pearson Publishing

Deliverables

Participation

Participation - Students are expected to come to class on time and stay for the entire class time. Cell phones must be muted and put away. Students are not allowed to be using electronic devices to surf the web during class time. Weekly discussions, facilitated by the professor, will require students to explain their understanding of personal characteristics that influence counseling. Each student must demonstrate a minimum ability to display course core skills and demonstrate an increase in their skill level throughout the course. If student is absent, the student will provide an APA formatted paper discussing the skills presented for each of the chapters missed.

Written Assignments: Journal Starters

Students will complete a weekly assignment found at the end of each chapter entitled Journal Starters. The complete, TYPED assignments due to instructor at the beginning of each class. Your comments should show evidence of critical thinking skills and the use of graduate school writing skills. **You will be evaluated of correct grammar and spelling.**

Research Component / Presentation: Research

Each student will be assigned a chapter to research and present to class.
Each presentation must include 3 outside professional references.
The presentations will be 30-45 minutes in length.

GRADING RUBRIC: Each area covered is worth 20 points

1. Evidence of assigned chapter information thoroughly covered to include Key Concepts.
2. Please utilize APA format for essays with a title page and references (as needed). The short essays will be 5-7 pages. Due by 11:59pm on the due date.
3. Each student must demonstrate a counseling skill from their assigned chapter.

Exam: Midterm Exam

Short Answer: Essay covering Chapters 1 - 4

Exam: Final Exam

Short answer: Essay covering Chapters 5 - 12

Evaluation

Work must be submitted by 11:59pm EST on due date.

Assignments submitted after the deadline will drop a letter grade per day late.

If you have an emergency, please inform the instructor immediately.

Classes are structured and will take the entire 4 hours each class meeting. If you have to arrive late or leave early please confirm with instructor.

Criteria

Participation	20%
Weekly Assignments	20%
Research Component	20%

Midterm Exam 20%

Final Exam 20%

TOTAL : 100%

Breakdown

Grade	Range	Note
A	94-100	Exceptional Work
A-	90-93	Superior
B+	88-89	Above Average
B+	82-87	Average
B-	80-81	Needs Improvement
C	70-79	Did not meet course criteria
F	Below 70	

Schedule

When	Topic
Week 1	Introduction and review of syllabus and assignments
1/13/2022	Chapter 1 - Helping as a Personal Journey
6pm - 10pm	Stages of the Helping Relationship
Week 2	Chapter 2 - The Therapeutic Relationship
1/20/2022	Chapter 3 - The Cultural Climate and the Therapeutic Relationship
6pm - 10pm	Journal Starters Due - Chapters 2 & 3
Week 3	Chapter 4 - Invitational Skills
1/27/2022	Breakout Room Discussion
6pm - 10pm	
Week 4	Midterm Exam - Chapters 1-4 Short Answer Essay
2/3/2022	Chapter 5 - Reflecting Skills: Paraphrasing
6pm - 10pm	Identifying the Problem
	Implementing a Treatment Plan
	Breakout Room Discussion

Week 5	Chapter 6 - Reflecting Skills: Reflecting Meaning
2/10/2022	Breakout Room Discussion
6pm - 10pm	Role-Play
	Journal Starters Due: Chapters 5 & 6
Week 6	Chapter 7 - Advance Reflecting Skills: Reflecting Meaning and Summarizing
2/17/2022	Chapter 9 - Assessment and Goal Setting
6pm - 10pm	Journal Starters Due: Chapters 7 & 9
Week 7	Chapter 10 - Change Techniques, Part I
2/24/2022	Chapter 11 - Intervention and Action: Change Techniques, Part II
6pm - 10pm	Role-Play
	Journal Starters Due: Chapters 10 & 11
Week 8	Chapter 12 - Outcome evaluation and Termination Skills
3/3/2022	Journal Starter Due: Chapter 12
6pm - 10pm	
Week 9	Final Examination - CHAPTERS 5-12 Short Answer Essay
3/10/2022	Course Overview
6pm - 10pm	

Institutional Policies

Academic Policies

Academic policies provide students with important rights and responsibilities. Students are expected to familiarize themselves with all academic policies that apply to them. Academic policies for undergraduate students can be found in the Undergraduate Studies Catalog; graduate students should review the Graduate Studies Catalog.

Undergraduate Studies Catalog

The Undergraduate Studies Catalog contains academic policies that apply to all undergraduate students. The *academic policies and information* section of the catalog contains important information related to **attendance, conduct, academic honesty, grades, and more**. If you are an undergraduate student, please review the catalog each academic year. The current Undergraduate Studies Catalog is at:

<http://www.webster.edu/catalog/current/undergraduate-catalog/> (<http://www.webster.edu/catalog/current/undergraduate-catalog/>)

Graduate Studies Catalog

The Graduate Studies Catalog contains academic policies that apply to all graduate students. The *academic policies* section of the catalog contains important information related to **conduct, academic honesty, grades, and more**. If you are a graduate student, please review the catalog each academic year. The current Graduate Studies Catalog is at:

Grading

The Grades section of the academic catalog outlines the various grading systems courses may use, including the information about the final grade reported for this class.

Undergraduate

<http://www.webster.edu/catalog/current/undergraduate-catalog/academic-policies.html#grading>
(<http://www.webster.edu/catalog/current/undergraduate-catalog/academic-policies.html#grading>)

Graduate

<https://webster.edu/catalog/current/graduate-catalog/academic-policies.html#gradingsystem>
(<https://webster.edu/catalog/current/graduate-catalog/academic-policies.html#gradingsystem>)

Incomplete

There are important policies that govern grades of Incomplete (I), including the circumstances under which Incomplete grades are granted, deadlines for completion, and consequences should the remaining course work not be completed. It is the responsibility of a student who requests an Incomplete to ensure that they understand and follow the policies.

Grade Appeals

Instructors are responsible for assigning grades, and student should discuss grade issues with the instructor. Policies and procedures for appealing grades are available in the appropriate catalog.

Academic Honesty Policy

Webster University is committed to academic excellence. As part of our Statement of Ethics, we strive 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. Students are encouraged to talk to instructors about any questions they may have regarding how to properly credit others' work, including paraphrasing, quoting, and citation formatting. The university reserves the right to utilize electronic databases, such as Turnitin.com, to assist faculty and students with their academic work.

The university's Academic Honesty Policy is published in academic catalogs:

Undergraduate

<http://www.webster.edu/catalog/current/undergraduate-catalog/academic-policies.html>
(<http://www.webster.edu/catalog/current/undergraduate-catalog/academic-policies.html>)

Graduate

<http://www.webster.edu/catalog/current/graduate-catalog/academic-policies.html>
(<http://www.webster.edu/catalog/current/graduate-catalog/academic-policies.html>)

As a part of the university commitment to academic excellence, the Reeg Academic Resource Center provides student resources to become better acquainted with academic honesty and the tools to prevent plagiarism in its many forms:

<https://websteru.sharepoint.com/sites/AcademicIntegrityAtWebster>
(<https://websteru.sharepoint.com/sites/AcademicIntegrityAtWebster>)

Statement of Ethics

Webster University strives to be a center of academic excellence. The university makes every effort to ensure the following:

- The opportunity for students to learn and inquire freely
- The protection of intellectual freedom and the rights of professors to teach
- The advancement of knowledge through scholarly pursuits and relevant dialogue

To review Webster University's statement of ethics, see the Undergraduate Studies Catalog and the Graduate and Studies Catalog:

Undergraduate

<http://www.webster.edu/catalog/current/undergraduate-catalog/overview.html#ethics>
(<http://www.webster.edu/catalog/current/undergraduate-catalog/overview.html#ethics>)

Graduate

<http://www.webster.edu/catalog/current/graduate-catalog/ethics.html> (<http://www.webster.edu/catalog/current/graduate-catalog/ethics.html>)

Important Academic Resources

Academic Accommodations and Support

At Webster University, we understand that all students learn differently and may have specific, often differing, learning needs. Some examples are doing rather than watching, being active instead of sitting still, and taking frequent breaks. For others, the professor needs to speak louder, give more clear instructions, and be understanding with health issues. Regardless of what makes learning easier for you, our goal is to provide the most accessible learning environment possible for each student. If there are any specific needs you'd like to make your instructors personally aware of, including any academic accommodations, please reach out to them directly.

Webster University supports students in several ways. Students with academic/learning, health, physical, and psychological disabilities and students who have accessibility concerns can reach out to Webster's Academic ADA Coordinator at disability@webster.edu. You can also reach out if you have any questions relating to accessibility.

Online resources through WorldClassRoom (Canvas) have a variety of accessibility tools, provided through a program called Ally, for both students and faculty. Ally is free and already incorporated into WorldClassRoom. It helps students who have visibility and attention challenges; who need easier access to course materials from mobile phones, tablets, electronic readers, etc.; or who need or prefer file types different from the format uploaded by the instructor. You can find more information about Ally at <https://webster.edu/online/ally.php> (<https://webster.edu/online/ally.php>).

Life circumstances can make focusing on education, or anything else, difficult. For this reason, several additional resources and services are available to students at no cost:

1. Reeg Academic Resource Center (<https://websteru.sharepoint.com/sites/ReegARC>
(<https://websteru.sharepoint.com/sites/ReegARC>)
 - Academic Counseling: academiccounseling@webster.edu
 - Assistive Technology: atacr@webster.edu
 - Disability Accommodations: disability@webster.edu
 - Testing Center: arc@webster.edu
 - Tutoring: tutoring@webster.edu
 - Writing services: writing@webster.edu
2. Counseling and Life Development (<https://www.webster.edu/student-counseling.php> (<https://www.webster.edu/student-counseling.php>)): 314-968-7030 or counselingld@webster.edu (these contact methods are non-confidential, but appointments are confidential)

Lastly, circumstances change. If, at any point throughout your education, you find that something is making learning difficult for you, please reach out to your instructor directly and/or to Webster's ADA team. It is never too late to ask for accommodations. We entirely support you and want you to have the best and most accessible education possible.

Student Success Portal

Webster University's Student Success Portal, powered by Starfish, is a communications tool to connect students with faculty members and campus support services. It allows faculty and staff members to communicate with you regarding academic achievements as well as areas where support may be helpful. You may use the portal to contact faculty and staff members for assistance and to arrange meetings. Activity in the portal will be communicated to your Webster University email account. The Student Success Portal is available via your course home page in WorldClassRoom or via Connections. Learn more about the Student Success Portal at <https://www.legacy.webster.edu/success/students.html>.
(<https://www.legacy.webster.edu/success/students.html>)

University Library

Webster University Library is dedicated to supporting the research needs and intellectual pursuits of students throughout the university's worldwide network. Resources include print and electronic books, journal articles, online databases, DVDs and streaming video, CDs and streaming music, datasets, and other specialized information. Services include providing materials at no cost and research help for basic questions to in-depth exploration of resources. The gateway to all of these resources and services is <http://library.webster.edu> (<http://library.webster.edu/>). For support navigating the library's resources, see <http://libanswers.webster.edu/> (<http://libanswers.webster.edu/>) for the many ways to contact library staff.

Drops and Withdrawals

Drop and withdrawal policies dictate processes for students who wish to unenroll from a course. Students must take proactive steps to unenroll; informing the instructor is not sufficient, nor is failing to attend. In the early days of the term or semester, students may DROP a course with no notation on their student record. After the DROP deadline, students may WITHDRAW from a course; in the case of a WITHDRAW, a grade of W appears on the student record. After the WITHDRAW deadline, students may not unenroll from a course. Policies and a calendar of deadlines for DROP and WITHDRAW are at:

Undergraduate

<http://www.webster.edu/catalog/current/undergraduate-catalog/enrollment.html>
(<http://www.webster.edu/catalog/current/undergraduate-catalog/enrollment.html>)

Graduate

<http://www.webster.edu/catalog/current/graduate-catalog/enrollment.html>
(<http://www.webster.edu/catalog/current/graduate-catalog/enrollment.html>)

Academic Calendar - <http://www.webster.edu/academics/academic-calendar/>
(<http://www.webster.edu/academics/academic-calendar/>)

Current tuition rates, policies, and procedures, including details of pro-rated tuition refunds, are available in the "Tuition, Fees, and Refunds" section of Webster's Academic Catalogs:

Undergraduate

<http://www.webster.edu/catalog/current/undergraduate-catalog/tuition.html>
(<http://www.webster.edu/catalog/current/undergraduate-catalog/tuition.html>)

Graduate

<http://www.webster.edu/catalog/current/graduate-catalog/tuition.html> (<http://www.webster.edu/catalog/current/graduate-catalog/tuition.html>)

Student Handbook and Other Important Policies

Student handbook and other non-academic policies may apply to you and may impact your experience in this class. Such policies include the student code of conduct, privacy, technology and communications, and more. Please review the handbook each year and be aware of policies that apply to you. The handbook is available at:

<http://www.webster.edu/student-handbook/> (<http://www.webster.edu/student-handbook/>)

Sexual Assault, Harassment, and Other Sexual Offenses

Webster University makes every effort to educate the community to prevent sexual assault, harassment, and other sexual offenses from occurring, and is committed to providing support to those affected when this behavior does occur. To access information and resources or to review the Policy on Sexual Assault, Harassment, and Other Sexual Offenses, visit:

<https://webster.edu/titleix/policy.php> (<https://webster.edu/titleix/policy.php>)

Research on Human Subjects

The Webster University Institutional Review Committee (IRB) is responsible for the review of all research on human subjects. The IRB process applies to all Webster University faculty, staff, and students and must be completed prior to any contact with human subjects. For more information on the IRB, visit:

<https://www.legacy.webster.edu/irb/> (<https://www.legacy.webster.edu/irb/>)

Course Evaluations

At the end of this course, you will have the opportunity to provide feedback about your experience. Your input is extremely valuable to the university, your instructor, and the department that offers this course. Please provide your honest and thoughtful evaluation, as it helps the university to provide the best experience possible for all of its students.

Important Technology Information

Connections Accounts

Webster University provides all students, faculty, and staff with a University email account through Connections. Students are expected to activate their Connections account and regularly check incoming university email. Students may choose to have their University email forwarded to an alternate email address. Connections account holders can call the Help Desk (314-246-5995 or toll free at 1-866-435-7270) for assistance with this setup. Instructions are also provided on the Information Technology website at:

<https://www.webster.edu/technology/service-desk/> (<http://www.webster.edu/technology/service-desk/>)

WorldClassRoom

WorldClassRoom is Webster's Learning Content Management System (LMS). Your instructor may use WorldClassRoom to deliver important information, to hold class activities, to communicate grades and feedback, and more. WorldClassRoom is available using your Connections ID at:

<https://worldclassroom.webster.edu/> (<https://worldclassroom.webster.edu/>)

Webster Alerts

Webster Alerts is the university's preferred emergency mass notification service, available free to current students, faculty and staff at all US campuses. By registering a valid cell phone number and email address, you will receive urgent campus text, voice mail and email communications. Valuable information concerning a range of incidents affecting you - from weather-related campus closures, class delays and cancellations, to more serious or life-threatening events - are immediately and simultaneously delivered through multiple communication channels. To register for Webster Alerts, visit (sign with your university-provided email and password:

<https://www.getrave.com/login/webster> (<https://www.getrave.com/login/webster>)

Campus Information
