

## PSY 234 Introduction to Counseling Theories

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### READ CHAPTERS ONE AND TWO BEFORE THE FIRST CLASS MEETING

#### Course Description

A course designed primarily for individuals who plan to use listening and attending skills in helping professions, such as mental health counseling, human services, criminal justice, and teaching and health fields. This course is introductory in nature and includes consideration of theoretical approaches and in-class practice of helper skills used in counseling.

#### Textbook

Corey, G. (2009). *Theory and practice of counseling and psychotherapy*. (9<sup>th</sup> ed). Belmont, CA: Thomson/Brooks Cole.

ISBN-10: 0840028547 | ISBN-13: 978-0840028549

**Older edition is ok.**

Corey, G. (2009). *Student Manual for Theory and Practice of Counseling and Psychotherapy*. (9<sup>th</sup> ed). Belmont, CA: Thomson/Brooks Cole.

ISBN-10: 1133309348 | ISBN-13: 978-1133309345

**Older edition is ok.**

#### Purpose

It is imperative for mental health counselors and substance abuse professionals to have expert knowledge and skills to use in the practice of counseling. This course will cover the fundamental theories, techniques and principals of counseling. Students must learn to meet clients where they are in the therapeutic process by using empathetic understanding. This course will feature basic theoretical approaches and the techniques that accompany them in practice. Practices that affect client progress and the eventual successful outcome in the therapy process should be integrated in the theoretical philosophy of the counselor. Therapists must be comfortable with their personal beliefs and understand the processes of change, as well as be familiar with a variety of counseling techniques based on empirical theories. The theories studied include: Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Behavioral, Cognitive Behavioral, Reality and Solution-focused Brief Therapy.

#### Learning Objectives

At the conclusion of this course, students will be able to:

1. Describe and demonstrate therapeutic skills specific to counseling theories.

2. Compare and contrast specific counseling techniques for working with clients.
3. Demonstrate active listening, reflection, empathic understanding, and attending behaviors.
4. Examine strengths and weaknesses of theoretical approaches and make a personal determination about how theoretical methods fit personal values and beliefs.
5. Understand ethical perspectives and how they relate to theoretical approaches.

### **Course Requirements**

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| 1. Attendance, participation, and completion of all homework assignments | 20% |
| 2. Midterm paper   | 25% |
| 3. Role Play Demonstration   | 25% |
| 4. Final paper   | 30% |

Students are required to attend course meetings, complete all course readings, complete all homework assignments, write a midterm paper demonstrating knowledge of theoretical approaches in counseling, develop a presentation regarding a selected counseling theory including an informative handout, and treatment protocol to present to course participants and write a final paper demonstrating knowledge of theory and application of theoretical approaches.

**Homework is due at the beginning of class. Late homework will not be accepted.**

### **Evaluation**

Students will be evaluated on course attendance and participation in course activities; completion of homework assignments; developed course presentation materials and handouts, midterm paper, and a final paper.

### **Course Format**

This will be an interactive course that includes an elevated level of classroom participation, lecture, discussion, videos, case studies, and student presentations.

### **Attendance**

Because of the intensive nature of Doane-Lincoln classes, attendance is critical. Students are also expected to participate in discussions. *You will be graded on attendance and participation each week.*

### **Paper Guidelines**

#### **Midterm Paper**

The student will demonstrate his/her ability to apply counseling theory to two mini case studies, which are provided by the instructor. Students will identify the themes or problems they would explore in counseling sessions and select therapeutic strategies they would use with the individual described in the case study. The paper must be typed and double-spaced. Late submissions - .Students will lose 5 points per day for each day past the due date.

## Final Paper

The final paper will be based on a case study provided by the instructor. The student will identify the themes or issues he/she would explore and select three therapeutic approaches they would use with the individual described in the case study. The student will identify the role of the counselor and client, the specific techniques he/she would utilize, and the goals of therapy. The paper must be typed and double-spaced.

Late submissions - Students will lose 5 points per day for each day past the due date.

## Civility, Respect and Classroom Etiquette

Doane College strives to offer learning experiences and opportunities designed to help students develop the capacity to communicate effectively, utilize critical thinking skills, and make relevant judgments. In order to facilitate this process students are asked the following:

1. Cell phones and laptop computers should be ***turned off and should remain out of sight*** during class time.
2. Refrain from sending or receiving text messages during class.
3. Avoid distracting behavior.
4. Minimize side conversations
5. Maintain respectful interactions.

Week	Assigned Chapters
1	Chapters 1 – 3
2	Psychoanalytic Theory
3	Adlerian Theory
4	Existential Theory Person-Centered Theory
5	Gestalt Theory
6	Cognitive Behavioral Theory
7	Reality Theory Post-Modern Theories
8	Role play demonstrations

## Grading

100-98	A+	79-78	C+
97-93	A	77-73	C
92-90	A-	72-70	C-
89-88	B+	69-68	D+
87-83	B	67-63	D
82-80	B-	62-60	D-

The Doane College Academic Integrity Policy is adhered to in this class. All projects will represent your own work. Any use of others' ideas and words without proper citation of sources is plagiarism and will result in penalties determined by the instructor and/or the dean of undergraduate studies.