



## COU 602 Theories of Counseling and Practice II

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Instructor: Beverlee J. Linder  
Office Phone: (402) 479-6383  
E-mail: Coulinder@gmail.com

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### Course Description

A study of basic theories, principles, and techniques of counseling and of their application to therapeutic settings. Students actively practice counseling skills.

### COURSE OBJECTIVES:

At the completion of this course students should have:

- Acquired an understanding of the history and basic concepts of each of the major theories of counseling.
- Demonstrated through role play an understanding of the basic techniques of counseling relevant to each theory covered in this course.
- Demonstrated an understanding the strengths and limitations of each theory.
- Demonstrated an understanding as to how the presented theoretical models relate to individual, group, couple, and family counseling.
- Students should be able to effectively apply the theories to a case study.
- Students should be able to demonstrate an understanding how social and cultural identities of theorists, practitioners, and clients influence theoretical development, theoretical applications, and counselor roles.
- Demonstrated an ability to use the theories covered in this course on a basic level.
- Demonstrated the ability to give basic feedback about counseling skills and techniques to their class peers.
- Integration and beginning the process of developing personal theoretical identity and style.
- Develop an understanding of the importance of self-care strategies appropriate to their role as a therapist.
- Obtain technological competence and computer literacy.
- Become familiar with professional organizations, primarily ACA/APA, as a practicing therapist..
- Be informed of ethical standards of ACA and related agencies.
- Examine current multicultural and pluralistic trends between and within diverse groups nationally and internationally.

## OBSERVATION OF PRACTICA/INTERNSHIP SEMINAR:

Students are to attend two Practica/Internship seminars during this term. These should be completed by week eight. Students will complete an intake assessment form for each seminar. See attached.

## ROLE PLAY OF THEORY:

Student(s) will prepare a 45-minute role play of an assigned theory. The role play should demonstrate how the assigned theory is applied to a counseling session. Situation and dialogue will be created by the student(s). Students not participating in the role play will be observers of the role play and identify, in writing, the theory and techniques used in the role play. A 10 minute power point theory presentation will be made prior to role play. This presented should include the limitations/strengths of each theory. On Week 9 the instructor will role play a 45-minute session using an eclectic approach to psychotherapy. All students will observe and identify in writing the techniques used in this role play session. Students will be graded on the appropriate use of the following interviewing skills:

- ✓ Focusing and following
- ✓ Accurate identification and reflection of client emotion
- ✓ Clear verbal reflecting of the content of interviewee's statements
- ✓ Developing individual style – use of skills appears comfortable and congruent
- ✓ Appropriate communication of feelings and thoughts in the context of the session
- ✓ Noting discrepancies or inconsistencies in client's behavior without value judgment
- ✓ Use of self-disclosure when appropriate
- ✓ Orienting statements, feedback, reframe or other information statement when appropriate
- ✓ Verbally reconstructing the client's narrative to assist in attributing meaning
- ✓ Assist client in examining issues, considering alternative decisions
- ✓ Using verbal/nonverbal skills to decrease client discomfort and to increase cooperation

## QUIZZES:

There will be a 10-question quiz each week on the assigned theory(s) for the week.

## PAPER:

A 4-6 page paper on the meaning of being "selective eclectic" will be due Week 8. This paper is to be written in accordance with APA style guidelines. Check your Student Manual or on line for a synopsis of APA formatting.

## STUDENT MANUAL

The text for this course comes with a student manual and CD showing applications of the theories in the text.

## PARTICIPATION:

A high premium is placed by the instructor on class participation. Ideal class participation, that which earns the highest number of participation points, will exemplify the following:

**Integrating class readings into participation:** Often cites from readings; uses readings to support points; often articulates fit of readings with the topic at hand and,

**Interaction in classroom discussions:** Always a willing participant; responds frequently to questions; routinely volunteers point of view, and,

**Interaction in classroom learning activities:** Always a willing participant; acts appropriately during all role plays, etc.; responds frequently to questions; routinely volunteers point of view.

## ATTENDANCE:

There is no way a student can “makeup” missing a class. If you need to miss a class, notify the instructor as soon as possible. If you miss one class, your grade will drop one grade level (Example, A to A-). Missing more than one class is not acceptable. You will need to drop or retake the course with approval from the instructor and the Graduate Office.

## GRADING:

Role Play/End of Term Final	40%
Intake Assessments	20%
Participation/Attendance	15%
Quizzes	10%
Paper	15%

Students must successfully complete each section of this course in order to receive a passing grade.

## ACADEMIC INTEGRITY:

The faculty expects students to pursue and work with academic integrity. A copy of the policies concerning academic integrity may be obtained from the office of the Vice President for Academic Affairs in Crete or from the Dean of each program. Any breach of academic integrity may result in immediate suspension from the program.

## ASSIGNED THEORIES/ROLE PLAY:

8-17-11	Week 1	Syllabus review and assignment of role plays.
8-24-11	Week 2	Psychoanalytic Theory - <b>DISCUSSION ONLY</b> (Read pages 1-92 in the textbook) Formulation of Intake Assessment
8-31-11	Week 3	Adlerian Therapy (two students)

9-7-11	Week 4	Existential (two students)
9-14-11	Week 5	Person-Centered Therapy
9-21-11	Week 6	Gestalt Behavior Therapy ACA Ethical Quiz Due
9-28-11	Week 7	Cognitive Behavioral Reality Therapy
10-5-11	Week 8	Postmodern Approaches Family Systems Therapy PAPERS DUE!!!
10-12-11	Week 9	Final Student Observation

**ASSIGNED TEXT:**

Corey, G. *Theory and Practice of Counseling and Psychotherapy*, 9/e and accompanying student manual.

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The Student Manual and DVD that are included in the packet are extremely valuable and enhance the textbook narrative. Students are encouraged to use these resources.