

## COU 602 Theories of Counseling and Practice II

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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.

### ROLE PLAY OF THEORY:

Student(s) will prepare a 45-minute role play of an assigned theory. Theory to be role played will be assigned the night of class. The role play should demonstrate how the assigned theory is applied to a counseling session. Session content and dialogue will be created by the student(s). Students will be given 10 minutes to formulate role play content. 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. On week nine all students will view a video taped session and identify specific theory/theories and techniques used. Students will also 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. Students will complete each quiz in student triads and the overall grade will be awarded to each student in the triad. Bottom two scores will be disregarded when computing term grade.

## PAPER:

A 4-6 page paper on your personal theoretical orientation will be submitted 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.

## PERSONAL REFLECTIONS

Each week students will choose two articles specific to each theory and submit a 2-3 page reflection on these articles and how they apply to the formation of their theoretical orientation. In addition to the 2-3 page reflection, attach a reference page for the resources on which you based your narrative. They are to be emailed to the instructor to [Coulinder@gmail.com](mailto:Coulinder@gmail.com). The subject line should contain the theory being reported on; nothing else. They are due by 6 pm the day of class the theory will be discussed.

## 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%
Participation/Attendance	25%
Quizzes	10%
Paper – Personal Theoretical Orientation	25%

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

## ASSIGNED THEORIES:

Week 1	Syllabus review
Week 2	Psychoanalytic Theory - <b>DISCUSSION ONLY</b> (Read pages 1-92 in the textbook)
Week 3	Adlerian Therapy – Two Presentations
Week 4	Existential – Two Presentations
Week 5	Person-Centered Therapy – Two Presentations
Week 6	Gestalt Behavior Therapy
Week 7	Cognitive Behavioral Reality Therapy
Week 8	Postmodern Approaches Family Systems Therapy PAPERS DUE!!!
Week 9	Final Student Observation

## ASSIGNED TEXT:

Theory and Practice of Counseling and Psychotherapy, Gerald Corey and accompanying student manual.

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