

# Professional Identity Development (PID) Seminar I, II, III

## Cou 627, 628, 629 – 1 Credit Hour Each

### 2008

Instructor: Sandra K. Broz, Ed.D.

**Course Description:** This is the first of a series of three seminars to help prepare the counseling student for a productive professional career in a counseling setting. The focus of this first seminar is on examining core issues in the development of a professional identity as a counselor. The goals are for the student to:

1. Begin to recognize personal characteristics identified in the research literature as essential for effective mental health counselors
2. Initiate the ongoing process of individual strength and skill assessment
3. Document the learning that occurs and how that learning can be applied in counseling settings

We will discuss the ethics required in counseling, to include ethical issues and concerns such as informed consent, confidentiality, dual relationships, collaboration with other professionals, respect of clients' values, boundaries of the counselor's work setting, and the counselor's area of competence. It is important for the student to become familiar with counseling and psychological literature of enduring intellectual value—current articles, book excerpts, and research studies. Participants in the seminar will have scholarly dialogue with one another discussing their experiences and sharing what they are learning in their coursework. They are expected to regularly journal about relevant readings and class discussions, and will each prepare a Counseling Competency Paper.

#### **Method of Instruction:**

After reading the decided upon essays or journal articles we will have one or two students present the topics integrating their own research.

#### **Assessment of Development (grades):**

Participation	30%
Presentation	50%

Counseling Competency Paper 20% (written journal or paper incorporating knowledge gained, insights, experiences, and personal challenges.)

#### **Required Text:**

##### **Professional Counseling 101: Building a Strong Professional Identity**

Mark Pope

Humerous and engaging essays on building a strong professional identity.

ISBN 1-55620-259-8

Order from American Counseling Association website

Order#72842

List: \$18.95

Member: \$12.95

**Calendar:**

1<sup>st</sup> Seminar Tuesday 1-15-08

Have read first essay and be ready to discuss with class, including prepared questions and insights.

2<sup>nd</sup> Seminar Tuesday 1-22-08

3<sup>rd</sup> Seminar Tuesday 1-29-08

4<sup>th</sup> Seminar Tuesday 2-05-08

5<sup>th</sup> Seminar Tuesday 2-12-08

Dates of subsequent seminars to be determined by class

**Additional Helpful Resources:**

Beck, E. S. (1999). Mental health counseling: A stakeholder's manifesto. *Journal of Mental Health Counseling*, 21, 203-214.

Casement, Patrick (1991) Learning from the Patient. New York: The Guilford Press.

Hershenson, D. B., & Power, P. W. (1987). *Mental health counseling: Theory & practice*. New York: Pergamon Press.

Palmo, A. J. (1999). The MHC child reaches maturity: Does the child seem short for its age? *Journal of Mental Health Counseling*, 21, 215-228.

Pipher, (2003) Letters to a Young Therapist, Basic Books,

Pistole, M. C., & Roberts, A. (in press). Mental health counseling: Toward resolving identity confusions. *Journal of Mental Health Counseling*.

Seiler, G., & Messina, J. J. (1979). Toward professional identity: The dimension of mental health counseling in perspective. *American Mental Health Counselors Journal*, 1, 3-8.

Spruill, D. A., & Fong, M. L. (1990). Defining the domain of mental health counseling: From identity confusion to consensus. *Journal of Mental Health Counseling*, 12, 12-23.