

# Syllabus and Course Outline Dixie State University

## PSY 4300-02 Introduction to Counseling and Psychotherapy Fall 2014

**Instructor:** Dr. Christine E. Chew

**Class Meets on:** Day: Tuesday/Thursday **Time:** 10:30-11:45am

**Telephone:** (435) 879-4404

**E-Mail:** chew@dixie.edu

**Office:** McDonald Building (MCD) 104

**Office Hours:** Mon: 12-1:30pm T/Th: 11:45-1pm Weds: 12-1pm

**Room Number:** MCD 104

PROGRAM: Psychology

CREDIT HOURS: 4

CONTACT HOURS: Lecture: 4

### **COURSE DESCRIPTION:**

This course is intended for students enrolled in the psychology program. We will be exploring the major components of counseling theories and techniques, and developing basic skills for clinical work. We will gain a good working knowledge of the theoretical orientations, and how to use these effectively in clinical settings.

### **SOCIAL SCIENCE PROGRAM OBJECTIVES**

As an outcome of taking courses in the Social Sciences Program, students shall:

1. Demonstrate the ability to examine human behaviors in a structured and organized way as a means of understanding the human condition. Measured by examination and/or oral and written reports.
2. Demonstrate the ability to recognize the ideas, people and events that are generally thought to be important by social scientists. Measured by examination and/or oral reports.

3. Develop a perceptual frame or reference based on social scientific knowledge. Measured by the presence of an attitudinal frame of reference which would be expressed in written or oral activities.
4. Exhibit concepts of critical thinking and scientific methodology in examining human behavior. Measured by the presence of an attitudinal frame of reference which would be displayed in written or oral activities.

### **MAJOR COURSE LEARNING OBJECTIVES:**

Upon successful completion of this course the student will be expected to:

1. To develop basic knowledge of different schools of counseling theory.
2. To develop knowledge of the various counseling techniques.
3. To develop ability to use interventions and basic counseling orientations.
4. Ability to apply theory to practice in a clinical setting.
5. Understanding of multicultural issues in counseling and the therapeutic relationship.

### **COURSE METHODS:**

The course will be as a lecture/ seminar, with each student asked to consider particular questions during class discussions and reading material, and comment in the class on these issues. We will focus on:

1. Readings in relevant texts and articles;
2. Lectures which discuss the readings and present practice examples;
3. In class case studies.
4. Student demonstration of acquired knowledge through class participation, group work, presentation and research.

**Email is the preferred method for contacting the professor outside of class.** When emailing the professor the subject line should read **Counseling Theories Course.**

### **GENERAL CLASS CONDUCT**

<b>ALL CELL PHONES <u>OFF</u> WHEN YOU ENTER THE CLASSROOM</b>
--

It is expected that students are on time to class. In general, students will not be permitted to enter the class once it has started.

Students are expected to approach the class as mature adults and to conduct themselves accordingly. While questions and interaction with the instructor are encouraged during the seminar, disruptive remarks, behavior and unnecessary personal conversations between students will not be tolerated. At times a topic or topic matter may contain sensitive issues. It is imperative that we all conduct ourselves with respect

for others even should we disagree with someone's view point. Our classroom is a "safe" space, which requires that students agree to keeping sensitive matters confidential, and to respect each other's privacy with regard to personal remarks in classroom.

Please refrain from:

Coming in late or leaving early. It is imperative that you make the commitment to be in class the entire class length.

Doing other work or other activities aside from the classwork that is being presented or assigned.

Sleeping during the class.

Listening to I-pods or other portable music/audio devices.

Making jokes or having discussions with others in the class that would be disruptive to others.

For more details, please see the disruptive behavior policy at:  
<http://www.dixie.edu/humanres/policy/sec3/334.html>

### **Referrals:**

Many psychology courses, such as this one, often provide students with self reflection oriented readings and activities. At times, this reflection can trigger emotional responses, or other types of reactions that can cause significant personal distress or upset. Sometimes these responses are from past issues, or traumas, or other things happening in a student's life. While I am able to understand this, as a clinician, and have training in the area of therapeutic intervention; as a faculty member, I am unable to engage in a relationship of this nature with my students. It is unethical, according to the field ethics code, and it is also considered a dual role relationship, which is highly discouraged. Should you find yourself in a situation of this sort, I would be happy to make a confidential referral for you, to our college counseling center, and provide any support I can to find you some resources. Again, unfortunately, I cannot serve you in a therapeutic role, but I am very happy we have the counseling center available to students for just such situations.

## **REQUIRED MATERIALS**

### **Texts:**

**Title: Theory and Practice of Counseling and Psychotherapy**

**Author: Gerald Corey**

**9<sup>th</sup> Edition**

**Cengage Learning**

## **CLASS STRUCTURE**

In general, the class will follow seminar / discussion format. All text material will not be covered in class. However, students are responsible for all material in the text reading assignments and handouts.

Typically, the first half of class will be devoted to lecture while the 2<sup>nd</sup> half of class will be devoted to experientially oriented activities.

Student participation during class discussions will not be formally graded; attendance, and class interaction will count toward your grade. Please see below for point value.

## **EVALUATION:**

Grading will be based upon 450 possible points in the course distributed as follows:

1. 4 Exams	50 (4) points each
2. Class assignments/activities, participation	50 points
3. Presentation	100 points
4. Final Exam	100 points

**TOTAL            450 points total**

## **GRADING SCALE:**

A = (95 – 100%)
A- = (90-94%)
B += (87-89%)
B = (83-86%)
B-= (80-82)
C+ = (77-79%)
C= (73-76%)
C-= (70-72%)
D = (60 – 69%)
F = (59% and less)

***The professor reserves the right to assign activities as is deemed necessary during the semester.***

## **READING ASSIGNMENTS:**

You will be expected to complete the required reading assignments outlined in the course schedule, regarding assessment issues, prior to class and incorporate this learning into your comments during lecture and case presentations.

## **Exams**

Students will be asked to take three exams worth 50 points. The final exam will be cumulative and will also be worth 100 points.

## **Presentation**

Each student will be assigned to a student team and then will be asked to sign up for a predetermined counseling theory. The student team will then be asked to come up with a class experiential exercise in which to illustrate this theory. (100 points) This is not a lecture of the material; rather it is an exercise to illustrate the theory in action. It should include an activity for the entire class to participate in, and be linked to the theory by the team. There will be more discussion about what to include, etc as the course progresses.

**LATE ASSIGNMENTS WILL NOT BE ACCEPTED. THERE WILL BE NO MAKE UP EXAMS. Please talk with the instructor for excused absences as per college policy.**

***FORMATS AND TOPICS ARE SUBJECT TO CHANGE DURING SEMESTER***

## **COURSE OUTLINE**

<u>August 26</u>	Course Intro
<u>August 28</u>	Pathology review/introductions
<u>Sept 2</u>	What is Counseling?
<u>Sept 4</u>	Wellness
<u>September 9</u>	Assessment in Therapy/Diagnosis
<u>September 11</u>	Ethics in Psychology
<u>September 16</u>	Exam #1
<u>September 18</u>	Shame
<u>September 23</u>	Helping Skills Demonstration
<u>September 25</u>	Psychoanalytic Theory
<u>September 30</u>	Student Presentation
<u>Oct. 2</u>	Exam #2

<u>October 7</u> <u>October 9</u>	Jungian Theory Student Presentation
<u>October 14</u> <u>October 16</u>	Behavioral Theory Fall Break/ No Class
<u>October 21</u> <u>October 23</u>	Student Presentation Exam #3
<u>October 28</u> <u>October 30</u>	Cognitive-Behavioral Theory Student Presentation
<u>Nov. 4</u> <u>Nov. 6</u>	Humanistic Theory Student Presentations
<u>November 11</u> <u>November 13</u>	No Class, Career Day Exam #4
<u>November 18</u> <u>November 20</u>	Existential Theory Student Presentation
<u>November 25</u> <u>November 27</u>	Catch up/DBT Thanksgiving/No class
<u>December 2</u> <u>December 4</u>	Gestalt Theory Student Presentation
<u>December 9</u> <u>December 11</u>	Exam #5 Review for Final Exam/Course Wrap up

Final Exam: Tuesday Dec. 16: 10:30-12:30PM

<b>* ALL TEST DATES AND ASSIGNMENTS SUBJECT TO CHANGE **</b>
--

### **Dmail:**

Important class and college information will be sent to your Dmail account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail account. If you don't know your user name and password, go to [www.dixie.edu](http://www.dixie.edu) and select "Dmail," for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.



## **Disability Accommodations:**

Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located in the North Plaza Building. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

## **College resources:**

College resources: Several college resources are available to help you succeed. Check out the links for each one to get more information.

If you need help understanding the content of your courses, go to the Tutoring Center located on the 4th floor of the Holland Centennial Commons in Room 431. You can visit them online at <http://dsc.dixie.edu/tutoring/>

If you need help writing papers, go to the Writing Center on the fourth floor of the Holland Centennial Commons in room 421. You can also visit them online at [http://new.dixie.edu/english/dsc\\_writing\\_center.php](http://new.dixie.edu/english/dsc_writing_center.php)

If you need to use a computer to do schoolwork on campus, go to the Computer Center in the Smith Computer Center or the Library basement.

If you are assigned to take a test in the Testing Center, go to the North Plaza. You can get information on their website at <http://new.dixie.edu/testing/>

The Library has all kinds of information and resources. Visit the Dixie State College Library on the 2<sup>nd</sup>, and 3<sup>rd</sup> floors of the Holland Centennial Commons, or go to the library website at <http://library.dixie.edu/>

## **Academic integrity:**

DSC believes that most students are honest. However, cheating will not be tolerated, and if discovered, a zero grade will be given for that assignment or exam, and you will not be allowed to make it up. Repeated or aggravated offenses will result in failing the course. Any time you take credit for work you did not do, you are cheating. This includes getting the answers to homework problems from someone else, copying information from a library or internet source and presenting it as if it were your own words which is called plagiarism. Plagiarism is a particularly serious offense in academia.

Looking at someone else's answers on an exam, and asking someone who has already taken a test about what questions it contains also constitutes cheating. This course has been designed to minimize the temptation to cheat, however it is not the job DSC or the instructor to make things "cheat proof." If you cheat and are not caught, it doesn't mean

that you "beat the system." It means you violated the Student Code and forfeited your integrity.

For further information on the Student code please refer to <http://library.dixie.edu/policies/studentcodesectionfour.pdf> page 8. DSC is committed to helping students honor the student code and to have consequences for those who do not abide by its standards.

**COPYRIGHT STATEMENT:**

Students shall adhere to the laws governing the use of copyrighted materials. They must insure that their activities comply with fair use and in no way infringe on the copyright or other proprietary rights of others and that the materials used and developed at Union College contain nothing unlawful, unethical, or libelous and do not constitute any violation of any right of privacy.