

Syllabus and Course Outline
Dixie State College
PSY 4300-02
Counseling Theories and Techniques

Instructor: Dr. Christine E. Chew

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

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E-Mail: chew@dixie.edu

Office: McDonald Building (MCD) 218

Office Hours: M/W/F 10am-12pm

Room Number: NPLAZA 138

PROGRAM: Psychology

CREDIT HOURS: 3

CONTACT HOURS: Lecture: 3

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.

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

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

REQUIRED MATERIALS

Texts:

Theories of Counseling and Psychotherapy: A Multi-Cultural Perspective.
Author: Ivey, D'Andrea, Ivey, and Simek-Morgan. 7th Edition. Pearson Education.

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

TOTAL 400 points total

GRADING SCALE:

A = (90 – 100%)
A- = (88-89%)
B = (80 – 87%)
B- = (78-79%)
C = (70 -77%)
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 50 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.

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 23</u>	Course Intro
<u>August 25</u>	Pathology review
<u>August 30</u>	What is Counseling?
<u>September 1</u>	Wellness
<u>September 6</u>	Assessment in Therapy/Diagnosis
<u>September 8</u>	Exam #1
<u>September 13</u>	Helping Skills
<u>September 15</u>	Demo Presentation/Helping Skills
<u>September 20</u>	Psychodynamic Tradition
<u>September 22</u>	Student Presentations
<u>September 27</u>	Jungian/Adlarian
<u>September 29</u>	Jungian
<u>October 4</u>	Student Presentation
<u>October 6</u>	Review
<u>October 11</u>	Exam #2
<u>October 13</u>	Fall Break/ No Class
<u>October 18</u>	Cognitive Behavioral Theory
<u>October 20</u>	Student Presentation
<u>October 25</u>	Behavioral Theory
<u>October 27</u>	Student Presentation
<u>November 1</u>	Humanistic Theory
<u>November 3</u>	Student Presentations
<u>November 8</u>	Review
<u>November 12</u>	Exam #3
<u>November 17</u>	Existential Theory
<u>November 19</u>	Student Presentation
<u>November 22</u>	Special Topic/Catch up
<u>November 24</u>	Thanksgiving Holiday/ NO Class
<u>November 29</u>	Solution Focused Therapy
<u>December 1</u>	Student Presentation
<u>December 6</u>	Gestalt Theory
<u>December 8</u>	Student Presentations

Final Exam: Tuesday, Dec. 13, 9:30-11:30am

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 and select "Dmail," for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.

Important DSC dates to remember:

Mon, Aug 22	Classwork starts
Wed, Aug 24	Last day to add without a signature
Mon, Aug 29	Drop fee begins (\$10 per class)
Mon, Sep 5	Labor Day
Tue, Sep 6	\$50 Late registration/payment fee
Mon, Sep 12	Last day for refund
Mon, Sep 12	Last day to drop without a "W" grade
Fri, Sep 16	Last day to add classes
Fri, Sep 30	Last day to apply for graduation
Thurs, Fri, Oct 13-14	Semester break
Mon, Oct 17	Last day to drop or audit classes
Fri, Nov 11	Last day for complete withdrawal
Tue, Nov 15	Career Day
Wed-Fri, Nov 23-25	Thanksgiving break
Fri, Dec 9	Last day of classes
Mon-Fri, Dec 12-16	Final exams

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:

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 in the Browning Learning Center, Room 105. There is a schedule of what courses have tutors at what times outside the door.

You can also visit them online at <http://dsc.dixie.edu/tutoring/> If you need help writing papers, go to the Writing Center in the Browning Learning Center, Room 105. You can also visit them online at 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 Val Browning Library 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.