CI 6346
Techniques in Counseling
COURSE SYLLABUS
Fall B 2012

Course Description
A study of techniques and methods used by counseling personnel to help students individually and in groups with educational planning, vocational choice, and interpersonal relations.

Course Goals
This course is dedicated to development of guidance and counseling skills necessary for success in choosing appropriate theoretical counseling approaches for use with students.
Students will review interviewing and counseling skills essential for establishing appropriate counseling goals, maintaining professional boundaries, designing intervention strategies, evaluating client outcomes, and successfully terminating the relationship. Students will describe counseling theories that provide the student with a consistent model(s) to conceptualize client presentation and select appropriate counseling interventions.

Texas Examinations of Education Standards (TExES) Field 152: School Counselor
Competency 006: The school counselor understands how to provide effective counseling services to individuals and small groups.
ASU Graduate Student Learning Goals
Master Knowledge and Skills
Students will demonstrate advanced knowledge, skills, and values appropriate to their chosen discipline.
Master Communication and Dissemination
Students will be required to demonstrate advanced oral and written communication skills appropriate to their chosen discipline.
Master Leadership and Social Responsibility
Students will understand and value individual differences, and have the skills to work effectively in a diverse, changing world.

Methods of Instruction
A combination of on-line assignments, group discussion, report writing, article reviews, and reflective writings will be used to assist the student's understanding of the necessary skills and methods of successful guidance and counseling. Course content will be linked to the Texas Examinations of Educator Standards (TExES) competencies related to the major theories used in Guidance and Counseling found at http://www.sbec.state.tx.us.

Course Requirements
Students are expected to complete all on-line activities in order to successfully complete the course.

Major Course Activities
All activities must be satisfactorily completed to receive course credit.
1. Personal Theory Paper
2. Major Theorist Original Writing
3. Three approaches to psychotherapy video - reflections
4. The Case of Stan video reports
5. Discussion questions

6. *Electronic Portfolio for all Dept. of Curriculum and Instruction majors*

Course Evaluation Plan	Potential Points
Introduction Post	50
The Case of Stan Reflections, 5 @ 50 each	250
Major Theorist Original Writings	200
Three approaches to psychotherapy video – Reflection Paper	250
Personal Theory Paper	200
Taskstream	50
	1,000

Course Assignment Criteria

A-1000 to 900 (90%)	Outstanding, above minimum requirements
B - 899 to 800 (80%)	Satisfactorily meeting minimum requirements
C - 799 to 700 (70%)	Minimally meeting requirements
F – below 700	Unacceptable work and/or assignment completion

Textbooks

Required: Corey, G.. (2005). *Theory and Practice of Counseling and Psychotherapy (* 8th ed.). Belmond, CA: Brooks/Cole. *Along with the "Case of Stan" video.*

Required Statements

"Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made."

"Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook."

Contacting the Professor

Mei Jiang, PhD
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Home: 214-797-7192

Major Assignments

Discussion Questions
See blackboard discussion board.

Original Writings
Very seldom do we read original work of a theorist. We usually read what someone else says about the work. Choose an original article by a theorist. Write a synopsis of the article, your reaction to it, and note discrepancies between what the theorists originally said and what others (such as your text author) have interpreted him/her to have said.

Personal Theory Paper
Using your reactions to Stan and your readings, write a paper on your own personal theory. What are your personal beliefs about human nature? What are your personal beliefs about behavior change? Can people really change who they are or only how they behave? What needs to occur in order for people to change? What major theory best describes your own beliefs and values about counseling? Apply your chosen theory to an issue or event in your life that you would like to resolve or change. Describe the presenting problem and past history; previous problems, etiology or nature of the problem using theoretical constructs, proposed treatment approach, techniques to be used, and possible roadblocks to change. (If you are uncomfortable using your own personal experience, choose a presenting problem from a friend, relative, or student.)
Post your paper to the appropriate assignment tab and to your taskstream portfolio under CI 6346 Specialty Assessment.

3 Approaches to Psychotherapy
3 Approaches to Psychotherapy...Also known as the "Gloria films." THESE ARE CLASSICS! Videos of Perls, Rogers, and Ellis doing their own version of therapy with Gloria. Perls and Ellis are available under course videos. Part of Rogers is there, but there is also a link to get to a page that has all of Rogers, just broken up into segments. You'll need to watch all the segments. The ASU library has them for checkout. They have DVDs, so, don't let them give you the Beta VCR film!! You should watch the films (take you about 30 - 45 minutes each) and write a reaction to each therapist's approach to Gloria. Include how you reacted to the therapist, how you think Gloria reacted, which approach you preferred, why, and which, if any, of the therapist's approaches do you think you could use in your work. This is in one paper and is due as one paper.

The Case of Stan Video reflections
Choose 5 theories from the Case of Stan. After viewing the Case of Stan, answer the following 3 questions for each theory application viewed:
1. What did you find most interesting in this session? Why?
2. If you were counseling Stan from this particular theoretical framework, what is one additional technique (NOT ANOTHER APPROACH, A TECHNIQUE FROM THE THEORY YOU ARE VIEWING) you might use? What would you hope to accomplish with this intervention?
3. If you were the client, how would you be likely to respond to the therapists' comments and interventions in this particular session?

Class Schedule

Week Beginning	Readings	Assignments	Due Dates
Week 1 **October 29**	Chapters 1-3	Post introduction 50 pts. Review syllabus and course calendar	November 2 (Friday)
Week 2 **November 5**	Chapters 4-5	The Case of Stan Reflection 1 – 50 pts.	November 9 (Friday)
Week 3 **November 12**	Chapters 6-7	The Case of Stan Reflection 2 – 50 pts.	November 16 (Friday)
Week 4 **November 19** **(University Closed November 22 & 23)**	Chapters 8-9	The Case of Stan Reflection 3 – 50 pts.	November 25 (Sunday)
Week 5 **November 26**	Chapters 10-11	1. The Case of Stan Reflection 4 – 50 pts. 2. Original Writing Discussion – 200 pts.	November 30 (Friday)
Week 6 **December 3**	Chapters 12-13	The Case of Stan Reflection 5 – 50 pts.	December 7 (Friday)
Week 7 **December 10**	Chapters 14	Three Approaches to Psychotherapy Paper *Rogers and Gloria *Perls and Glorai *Ellis and Gloria	December 14
Week 8 **December 17**	Chapter 15-16	Personal Theory Report due (also post in Taskstream)	December 21 (Friday)