

DEPARTMENT OF

SPECIAL EDUCATION, REHABILITATION, AND COUNSELING

**COUN 7240 Counseling Children and Adolescents**

**Fall 2019**

|  |  |  |
| --- | --- | --- |
| **Time:** | Monday 4:00pm – 6:50pm | **Class Location:** Haley Center 2306 |
| **Instructors:** | Bethany A. Lanier, PhD LPC | **Email:**  bal0014@auburn.edu |
|  |  | **Office Hours:** TBD |

**DESCRIPTION:** This course is designed to increase clinical mental health counseling students’ awareness, knowledge, and skills of counseling children, adolescents and transition age youth. Using developmental and multicultural frameworks, this course will explore client populations and issues, present a variety of effective theoretical approaches, counseling modalities and techniques for working with families, children and adolescents.

**REQUIRED TEXTS:** Kress, V. E., Paylo, M. J., & Stargell, N. A. (2018). Counseling children and adolescents. Upper Saddle River, NJ: Pearson.

**COURSE ASSIGNMENTS/ REQUIREMENTS/ EXPECTATIONS**

This course is meant to introduce major concepts and theories what support counselor’s work with children and adolescents. Children and adolescents are commonly considered to be among the most challenging populations counselors work with. In becoming fluent in treating this population, students will engage the intersection between early cognitive developmental stages and mental health. Though counselors in training typically learn standard theories and techniques of counseling, adapting theory and technique for use with children requires creativity and flexibility.

Among the goals of this course I aim to broaden students’ thinking about how to apply theory and research with children and adolescent. In doing so, student will be provided with practical information about interventions for common personal, social, and psychobiological problems.

**Mission Statement**

The Counselor Education (CED) programs at Auburn University offer high quality graduate education programs for counselors and counselor educators. The program includes Master’s level counseling degrees in [Clinical Mental Health Counseling](http://www.education.auburn.edu/graduate-degree-cert/clinical-mental-health-counseling-m-ed), [Clinical Rehabilitation Counseling](http://www.education.auburn.edu/graduate-degree-cert/clinical-rehabilitation-counseling-m-ed-m-s/), and [School Counseling](http://www.education.auburn.edu/graduate-degree-cert/school-counseling-m-ed/). The program also offers a doctoral degree in [Counselor Education](http://www.education.auburn.edu/graduate-degree-cert/counselor-education-ph-d/). The primary mission of the program is to develop counseling professionals who possess the skills and knowledge necessary to be highly competent and committed professionals in their specialty area.

To accomplish this mission the program focuses on the development of competencies necessary to address developmental, emotional, psychological, social and environmental barriers to educational achievement and personal development. Students are provided the opportunity to engage in rigorous and challenging educational experiences focused on enhancing their skills and knowledge. Integrated into these experiences is an emphasis on ethical and legal principles, as well as the enhancement of technological competence. Further, the department seeks to foster a culture in which individual creativity, professional identity, and scholarship are reinforced and nurtured.

A central foundation of the Counselor Education mission is the preparation of counselors and counselor educators to work in an increasingly diverse society. This mission parallels the diversity and inclusion mission of Auburn University. To meet this goal the program focuses on the development of the skills and knowledge needed to work with individuals from diverse backgrounds and abilities. The program believes that meeting this goal requires students and faculty engage in the application of advocacy and social justice principles as counseling professionals within the program, University, communities and schools.

**Student Learning Objectives**

a) Learn activities that foster understanding of the help-seeking behaviors of diverse clients (CACREP II.2.e).

b) Demonstrate knowledge of theories of individual and family development across the lifespan (CACREP, II.3.a).

c) Demonstrate knowledge of theories of learning (CACREP II,3.b).

d) Demonstrate knowledge of theories of normal and abnormal personality development (CACPEP II.3.c).

e) Apply a general framework for understanding differing abilities and strategies for differentiated interventions (CACREP II.3.g).

f) Apply a systems approach that provides an understanding of family, social, community and political networks (CACREP II.5.b).

g) Learn the development of measurable outcomes for clients (CACREP II.5.h).

h) Demonstrate knowledge of principles of clinical mental health counseling, including prevention, intervention, consultation, education, and advocacy, and networks that promote mental health and wellness (CACREP CMHC.C.).

i) Apply techniques and interventions related to a broad range of mental health issues (CACREP, CMHC, U).

**Assignments and Instruction Rationale**

The evaluation and assignments in this course are meant to be dynamic and flexible for all learners (hooks,1994). Research indicates that higher levels of learning occur when students are highly participatory (Grunert, 1997). Through group dialogue and debate student more likely to apply, analyze and evaluate newly-learned constructs (Bloom et al., 1956).

All classroom activities will involve action cognition and emotion, and when they are accompanied by reflection they often result in knowledge that can be transferred across different settings (Kolb 1984). Class time will primarily be spent in seminar format. This process pronounces the notion that a shared commitment to one another often results in self enhancement and movement toward a liberation from habitual thinking (Beauvior,1949). Your final grade will represent your success on assignments, attendance, and in-class participation.

|  |  |  |
| --- | --- | --- |
| **Course Assignment**  | **Due Date**  | **Points Available**  |
| Reflection Journals  | On going | 30 |
| Journal Summary | 11/11/19 | 50  |
| In-Class Presentation  | Individual due dates  | 100 |
| Final Paper  | 1st draft: 11/4 Final draft:11/18 | 150  |

**Reflection Journals (100 Points)** Students are asked to write and submit reflective journal entries each week (2 pages, double spaced). In these reflections, please process your personal reactions, thoughts, feelings, and insights regarding issues discussed in class, assignments, and readings. Students can receive a maximum of 10 points for each completed journal entry, based on the quality and depth of the reflections. Journal entries are **due no later than noon on the day of class**. Consider the following;

1. Identify at least 3 main points/themes of the readings (can be bulleted).

2. Identify at least 3 reactions, feelings, and/or questions inspired by the readings.

3. Provide a brief (1 paragraph) reflection as to how the reading may impact your clinical practice, conceptualization of clients, self-awareness, and professional development going forward

Late journals will not be accepted. All journal reflections will remain confidential, although some content expressed in the journals may anonymously be included into class discussion.

**Summary Journal Entry (50 Points)** At the end of the semester, students will write a summary (4 page, double**-**spaced) of their reflections throughout the semester. These reflections should include a focus on any changes in understanding themselves (e.g., identity and worldview) and others. The reflection should conclude with a self-appraisal of the student’s strengths and limitations in counseling children and adolescents.

**Class Presentation.**  You will prepare a 30-50-minute presentation (at a minimum) to deliver to the class on a resource and intervention related to counseling children and youth. Students are expected to present an expressive counseling intervention that would be applicable to working with children, adolescents and/or transitional age youth (age 16 to 25). This intervention must be a reflection of the counselor-in-training’s theoretical orientation. For this assignment, students will present and demonstrate a counseling intervention appropriate to use with children, adolescents and/or transitional age youth. *Please be sure to bring enough materials to the class so that every student can try the intervention in class. A rubric will be posted on Canvas to help with project preparation*. Your grade will consist of your presentation content and resources used as well as the in-class activity

**Research Paper** Students will be expected to write a 10-12 page research paper on a topic relative to counseling children and adolescents. This paper can range in topics. Topic can be the same or different than the topic presented to the class. Students will be expected to provide a review of current counseling literature that support a particular thesis statement. This project be due in three parts. First, a topic will be presented to the instructor via email for approval. Second, a first draft of this paper will be due several weeks prior to the final due date. Feedback will be provided at all stages of this project.

**WRITING EXPECTATIONS**

Writing assignments need to be typed, double spaced, on 8.5 X 11 paper with 1-inch margins, printed in Times New Roman 12-point font. All citations need to be in APA Style. It is assumed that all students taking this course are familiar with the American Psychological Association(APA) writing guide and APA style. If not, I will help you. The APA Publication Manual contains extensive guidelines on how to write an academic paper and how to cite references.

American Psychological Association (2010). Publication Manual of the American Psychological Association (Sixth Edition). Washington, DC: American Psychological Association.

The following websites may also be helpful:

<http://owl.english.purdue.edu/owl/resource/560/01/>

<http://www.library.cornell.edu/newhelp/res_strategy/citing/apa.html#apa>

**Attendance**

Promptness, attendance, and active participation are requirements for the course. You are expected to attend and participate in every seminar. These requirements will be strictly enforced. No more than 2 absences are allowed without remediation. If the instructor determines that a student’s attendance

**Excused Absences**

Please email if you must miss class or arrive late (i.e., due to an emergency or serious illness.)

**Make Up Policy**

Arrangement to make up a missed major exam (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be limited must be initiated by the student within one week of the end of the period of the excused absence(s). Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins

**Academic Dishonesty**

Plagiarism is representing someone else’s work as your own and is not acceptable. Plagiarism generally will result in course failure. Students are required to comply with the Auburn University’s Policy on Academic Dishonesty.

**Student Accessibility Services**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours an alternative time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**Course Contingency**

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

**Professionalism**

Students are encouraged to share intellectual views and freely discuss and challenge the principles found in course materials. This course operates under the Auburn University’s student code of conduct. It is important for each person to create a safe and diversity-sensitive learning environment that respects the rights, dignity, and welfare of other students and the professor. Diversity means the fair representation of all groups of individuals, the inclusion of diverse perspectives and voices, and appreciation of different cultural and socioeconomic group practices. I aspire to foster and maintain a classroom atmosphere that is free from discrimination, harassment, exploitation, or intimidation; however, this is not possible without students also working toward this goal.

|  |  |  |  |
| --- | --- | --- | --- |
| **Date**  | **Topics** | **Readings/Assignments** | **CACREP Standards** |
| Week 1Online8/19 | Introduction to Developmentally Informed Youth Counseling | Review Course syllabus; email instructor any questions | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 28/26 | Aspects of youth development relevant to early childhood, late childhood, early adolescence, late adolescence.*What it means to know a client* | Kress, Paylo, & Stargell Chapter 1Hansen 2014 | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 3No Class-Labor Day | Systemically informed youth counseling and strength-based treatment philosophy | Kress, Paylo, & StargellChapter 2 | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 49/9 | Individual Counseling FoundationsEthical and Legal Foundations | Kress, Paylo, & StargellChapter 3 & 4**Reflective Journal 1 DuePaper Topic Due** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 59/16 | **Counseling theories that focus on thought, action, and behavior change**Cognitive Behavioral TherapyChoice Therapy | Kress, Paylo, & StargellChapter 5 | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 69/23 | **Theories that focus on background experiences and relationships**Psychodynamic TherapyAdlerian Individual PsychologyPerson-Centered TherapyKrueger & Hanna *Why adoptees Search: an existential treatment perspective*  | Kress, Paylo, & StargellChapter 6**Group 1 Presentation** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 79/30 | **Counseling theories that focus on family change and use of creative arts in counseling**Core concepts of family therapyPlay therapy | Kress, Paylo, & StargellChapter 7 & 8**Group 2 presentation** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 810/7 | **Conceptualizing young clients’ situations**youth suicideself-injury homicideTreatment planning | Kress, Paylo, & StargellChapter 9 & 10**Reflective Journal 2 Due****Group 3 Presentation** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 910/14 | **Family-related and social-emotional transitions and struggles**Types of family-related struggles Academic and social difficulties | Kress, Paylo, & StargellChapter 11 & 12**Group 4 presentation** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 1010/21 | **Neurodevelopmental and intellectual impairments**Attention-deficit/Hyperactivity DisorderAutism Spectrum DisorderIntellectual disabilitiesLearning disorders | Kress, Paylo, & StargellChapter 13**Group 5 Presentation** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 1110/28 | **Disruptive Behavior**Assessment and integrated treatment componentsHansen (2017): Message or Malady | Kress, Paylo, & StargellChapter 14**Reflective Journal 3 Due****Group 6 Presentation** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 1211/4 | **Substance Abuse and Trauma**The nature and assessment of substance abuse and trauma-related difficulties | Kress, Paylo, & StargellChapter 15 & 16**Paper First Draft Due****Group 7 Presentation** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 1311/11 | **Anxiety, Obsessive-Compulsive and Depressive Disorders** Integrated treatment approaches Counseling Interventions  |  Kress, Paylo, & Stargell Chapter 17 & 18**Group 8 presentation****Reflection Journal Summary Due** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 1411/18 |  **Physical Health Related Counseling Issues** Eating disorders Elimination disorders Chronic Illness | Kress, Paylo, &StargellChapter 19**Final Draft Research Paper Due** | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |
| Week 15 12/2 | **Closing Content** Course Summary Processing group  |  | 5.C.1.a,b,c,d,e. 5.C.2.a,c,d,e,f,l. 5.C.3.a,b,c,d 2. F.2.a,b,c,d,e,f,g,h. 2.F.3.a,c,g,i. |

Bibliography

Hansen, J. T. (2014). What does it mean to know a client? Personal and theoretical reflections. *Self & Society: An International Journal of Humanistic Psychology*, 40, 40-47.

Hansen, J. T. (2017). Psychological Suffering as Message or Malady: Ideological and cultural Contributions of Humanism. *Journal of Humanistic Counseling*. 56. 1-16.

Krueger, M., Hanna, F. (1997). Why Adoptees Search: An Existential Treatment Perspective. *Journal of Counseling and Development*. 75. 195-205.

|  |
| --- |
| **Description:**At the end of the semester, Students will write a summary (4 page, double**-**spaced) of their reflections throughout the semester. These reflections should include a focus on any changes in understanding of yourself as a counselor. The reflection should conclude with a self-appraisal of the student’s strengths and limitations in counseling youth clients. What are some themes from your reflections over the semester that stood out?  |
| **Criteria** | **weight** | **Exemplary** | **Accomplished** | **Developing** | **Beginning** |
| **Personal Reflection Journal Summary****Score\_\_\_\_\_\_\_\_** | 40% | * Clearly summarized reflection journals
* Student articulated cumulative experiences
 | * Clearly summarized reflective journals
* Student mostly reflected on cumulative experiences
 | * Summary mostly clear
* Lacking depth in articulating cumulative experiences
 | * Lacking clarity in reflection
* Lacking depth in articulating cumulative experiences
 |
| **Self-appraisal with respect to counseling skill development** **Score\_\_\_\_\_\_\_\_** | 40% | * Demonstrated an awareness to developing counseling skills
* Student connected self to course content
 | * Demonstrated an awareness to developing counseling skills
* Student connected self to course content
 | * Lacking awareness of developing counseling skills
* Student connected self to course content
 | * Little awareness to developing counseling skills
* Student made little connections to course content
 |
| **APA Format****Score\_\_\_\_\_\_\_\_** | 20% | * Double-spaced 1” margins
* 12 Times New Roman
* Correct running head Page number
* Correct Title Page
* Length sufficient
 | * Adheres to APA format but lacks 1-2 elements
 | * Adheres to APA format but lacks more than 2 elements
 | * Does not adhere to APA format
 |
| **CACREP STANDARDS ACHIEVED**:  |

|  |
| --- |
| **Description:**Students will be expected to write a 10-12 page research paper relative to counseling children and adolescents. This paper can range in topics. Topic can be the same or different than the topic presented to the class. Students will be expected to provide a review of current counseling literature that support a particular thesis statement. This project be due in three parts. First, a topic will be presented to the instructor via email for approval. Second, a first draft of this paper will be due several weeks prior to the final due date. Feedback will be provided at all stages of this project. |
| **Criteria** | **weight** | **Exemplary** | **Accomplished** | **Developing** | **Beginning** |
| **Thesis** **Score\_\_\_\_\_\_\_\_** | 40% | * Major claim of the paper is stated clearly
* Demonstrates meaningful context for discussion
* Thesis is complex and insightful and consistent throughout
 | * Thesis is defined and sufficiently complex
* Demonstrates meaningful context relevant to argument
* Thesis statement articulated and remains consistent throughout paper
 | * Thesis loosely-defined and articulated
* Demonstrates somewhat meaningful context for argument
* Thesis statement somewhat unclear and inconsistent
 | * Thesis not defined
* Context for argument loosely defined
* Thesis statement unclear and inconsistent throughout paper
 |
| **Evidence and Analysis** **Score\_\_\_\_\_\_\_\_** | 30% | * Best available evidence used to support argument
* Nuances are insightfully explored
* Evidence is used to support authors insight into counseling practice
 | * All claims supported with sufficient evidence
* Elements of analysis sufficient for fair argument
* Sufficient evidence is used in support authors insight into counseling practice
 | * Main ideas are supported with well-chosen evidence
* Some gaps may exist in explanation of how evidence supports author’s thesis.
* Some effort was made to explore subtleties and nuances
 | * Paper lacking relevant evidence
* Analysis is lacking in complexity or author insight
* No effort was made to explore subtleties and nuances in the material
 |
| **Structure and Organization****Score\_\_\_\_\_\_\_\_** | 15% | * Ideas discussed early on develop over the course of the paper
* Argument follows clear and logical path toward conclusion
* Writing is clear and concise
 | * Ideas discussed early on develop over the course of the paper
* Argument follows a logical path although confusing at few points
* Writing is sufficiently clear and concise
 | * Ideas discussed often do not relate to overall argument
* authors discussion was confusing at times
* Writing is somewhat clear and concise
 | * Ideas discussed to not relate to thesis
* Authors discussion was confusing and disorganized
* Writing unclear
 |
| **APA Format****Score\_\_\_\_\_\_\_\_**  | 15% | * Double-spaced 1” margins
* 12 Times New Roman
* Correct running head Page number
* Correct Title Page

Length sufficient  | * Adheres to APA format but lacks 1-2 elements
 | * Adheres to APA format but lacks more than 2 elements
 | * Does not adhere to APA format
 |
| **CACREP STANDARDS ACHIEVED**2. F.2.a; 2. F.2.b; 2. F.2.c; 2.; 2. F.2.f; 5. C.2.j |