**AUBURN UNIVERSITY**

**DEPARTMENT OF SPECIAL EDUCATION, REHABILITATION, AND COUNSELING SYLLABUS**

**FALL SEMESTER 2023**

**Course Number: COUN7320**

**Course Title: Counseling Theories**

**Credit Hours: 3 Semester Hours**

**Class Time and Location: Tuesday 4 – 6:50pm, 3309 Haley Center**

**Prerequisites: None**

**Corequisites: None**

**Instructor**: Jinhee Park, PhD, CRC

Email: jzp0095@auburn.edu

Office Hours: By Appointment

Office Address: 3010 Haley Center

**Text(s):**

Required:

Corey, G. (2016). *Theory and Practice of Counseling and Psychotherapy* (10th Ed.) Cengage Learning.

***\*Note***: this course is part of the All Access program where the textbook can be delivered to you digitally during this semester. Please find more information about All Access in Canvas (under Syllabus module).

Recommended:

Corey, G. (2012). *Student manual for theory and practice of counseling and psychotherapy* (10th ed.). Belmont, CA: Thomson Brooks/Cole.

Halbur, D., & Halbur, K. V. (2014). *Developing your theoretical orientation in counseling and psychotherapy* (3rd ed.). Boston, MA: Pearson Education.

Additional Readings:

Lee, C. C., & Rodgers, R. A. (2009). Counselor advocacy: Affecting systemic change in the public arena. *Journal of Counseling & Development, 87*(3), 284-287.

Ratts, M. J., & Hutchins, A. M. (2009). ACA advocacy competencies: Social justice advocacy at the client/ltudent Level. *Journal of Counseling & Development, 87*(3), 269-275.

Ratts, M. J., DeKruyf, L., & Chen-Hayes, S. F. (2007). The ACA advocacy competencies: A social justice advocacy framework for professional school counselors. *Professional School Counseling, 11*(2), 90-97.

**Course Description:**

This course is designed to provide an overview of traditional and contemporary counseling theories, principles and topics. Theories will be examined with regard to views about human nature, mental health, mental illness, therapeutic goals, client/therapist roles, effective techniques and counseling processes. Research and ethical issues will also be considered. Emphasis will be on student mastery of the foundations of theories and assessment of their relevance for personal application in the field. Overall, students are encouraged to not only explore all the major theoretical orientations, but to also explore their personal beliefs and values in an effort to develop their own understanding and/or approach to counseling.

**Course Objectives:**

By the end of the course, through satisfactory performance, students should be able to demonstrate the following:

1. The role and process of the professional counselor advocating on behalf of and with individuals receiving counseling services to address systemic, institutional, architectural, attitudinal, disability, and social barriers that impede access, equity, and success (CACREP 3.A.4.)

2. Theories and models of counseling, including relevance to clients from diverse cultural backgrounds (CACREP 3.E.1.)

3. Case conceptualization skills using a variety of models and approaches (CACREP 3.E.3.)

4. Counselor characteristics, behaviors, and strategies that facilitate effective counseling relationships (CACREP 3.E.8.)

5. Interviewing, attending, and listening skills in the counseling process (CACREP 3.E.9.)

**Course Format:**

This course is designed as a digital delivery course that will utilize in-person formats (Canvas). The class will meet in-person, and course materials will be posted, and assignments will be completed in Canvas. During the in-person weekly meetings, students will be provided with the following components: (a) lecture/discussion, and (b) practical application/experiential activities. The lecture discussion component will be didactic in nature and will focus on various key theoretical dimensions of the major conceptual systems and theories of counseling. Discussions will be based on lecture information, material from the text, outside reading assignments, and relevant topics that are raised during class. The discussions place primary responsibility on each student to critically read and reflect upon the assigned reading material, to raise questions and constructively discuss issues relevant to the readings, and to discern differences between one’s knowledge and one’s beliefs and opinions.

The practical application/experiential activities component is designed to help students bridge the gap between theory and practice through exercises, role-plays, and the use of clinical case studies. In addition, this component will help students apply philosophical and theoretical aspects of the major conceptual systems and theories of counseling to real-life situations and clinical cases.

**Student Expectations:**

This is an in-person class. All of the class interactions will take place in a classroom during

the scheduled dates and time. Students should attend class each week and actively participate in their learning. Any absence due to reasonable concerns should be informed to the instructor in advance.

**CACREP Standards Matrix**

|  |  |  |
| --- | --- | --- |
| **CACREP Standard-As a result of this course student learn/gain the following:** | **Curriculum Experience** | **Outcome Assessment** |
| CACREP Standard 3.A.4. The role and process of the professional counselor advocating on behalf of and with individuals receiving counseling services to address systemic, institutional, architectural, attitudinal, disability, and social barriers that impede access, equity, and success. | • Students will review ACA advocacy competencies• Students will engage incase studies and role playsrelated to advocacy• Students will engage in didactic lecture anddiscussion regarding advocacy processes related to oppression and inequity | • Final Exam• Case Conceptualization• Group Facilitation |
| CACREP Standard 3.E.1. Theories and models of counseling, including relevance to clients from diverse cultural backgrounds. | • Students will read about various counseling theories and how these theories• Students will identify key aspects of counseling theories in-class case studies, roles plays, and discussion• Students will be exposed to counseling theories through lecture, course readings, and discussion• Students will develop a lecture regarding one of the theoretical paradigms• Students will develop experiential activities to present to the class related to one theoretical paradigms• Students will practice case conceptualization related to each theory through case studies and role plays• Students will develop a case conceptualization related to one issue and identify how they would work through the client concerns using three theories to assist with their personal model development• Students will develop achart that includes all of the major theories discussed | • Mid-term• Final Exam • Case Conceptualization• Group Facilitation• Group Theory Chart |
| CACREP Standard 3.E.3. Case conceptualization skills using a variety of models and approaches. | • Students will read about various systems theories: multigenerational, human validation, experiential, structural, and strategic family therapies• Students will explore their own family systems and the impact of the system on the themselves and those around them• Students will explore the role of triangulation, triads, power, communication, and boundaries in family• Students will through role play identify ways to intervene in the system to facilitate change | • Mid-term• Final Exam |
| CACREP Standard 3.E.8. Counselor characteristics, behaviors, and strategies that facilitate effective counseling relationships. | • Students will discuss the importance of collaboration with stakeholders in the school and community to conceptualize the needs of clients• Students will explore common characteristics of counseling through readings (Corey) and lecture• Students will explore the common behaviors of counselors that influence helping processes through role plays and group discussions | • Midterm• Final Exam • Theoretical Orientation• Case Conceptualization• Group Facilitation• Group Theory Chart |
| CACREP Standard 3.E.9. Interviewing, attending, and listening skills in the counseling process. | • Students will be exposed to the basic counseling skills to include: empathy, unconditional positive regard, and congruence• Students will engage in discussions and role plays regarding non-verbal and verbal encouragers | • Midterm• Case Conceptualization |

**Course Content and Tentative Course Schedule: Fall 2017**

|  |  |  |  |
| --- | --- | --- | --- |
| Class # | Date | Topic | Readings/Assignments Due |
| 1 | 08/22 | Introduction Course Overview Syllabus ReviewGroup Assignments |  |
| 2 | 08/29 | The Counselor: Person and Professional Ethical Issues in Counseling PracticeWorking Alliance | Chapter 1-32014 ACA Code of Ethics |
| 3 | 09/05 | Psychoanalytic Therapy | Chapter 4Psychoanalytic Therapy Group Presentation |
| 4 | 09/12 | Adlerian Therapy | Chapter 5Adlerian Therapy Group Presentation |
| 5 | 09/19 | Existential Therapy | Chapter 6Existential Therapy Group Presentation |
| 6 | 09/26 | Person-Centered Therapy | Chapter 7Person-Centered Therapy Group Presentation |
| 7 | 10/03 | Gestalt Therapy | Chapter 8Gestalt Therapy Group Presentation |
| 8 | 10/10 | MIDTERM EXAM | Chapters 2-8 |
| 9 | 10/17 | Behavior Therapy | Chapter 9Behavior Therapy Group Presentation |
| 10 | 10/24 | Cognitive Behavior Therapy | Chapter 10Cognitive Behavior Therapy Group Presentation |
| 11 | 10/31 | Reality Therapy | Chapter 11Reality Therapy Group Presentation |
| 12 | 11/07 | Feminist TherapyPostmodern Approaches | Chapter 12Chapter 13Feminist Therapy Group Presentation |
| 13 | 11/14 | Family Systems TherapyIntegrative PerspectivesACA Advocacy Competencies | Chapter 14Chapter 15ACA Advocacy CompetenciesFamily System Therapy Group Presentation**Theory Chart Due (11/19)** |
| 14 | 11/21 | Thanksgiving Break-NO CLASS | **Theoretical Orientation Paper Due (11/26)** |
| 15 | 11/28 | Course wrap-upWork day | **Theoretical Case Conceptualization Paper Due (12/3)** |
| 16 | 12/05 | FINAL EXAM | Chapter 9-15 |

**Course Requirements & Student Evaluation:**

Please note: Course assignments are due on the dates specified. When assignments are turned in late, without an excused or approved absence, scores for the assignments(s) will be reduced by 5% per day, with no assignments accepted more than 1 week past due. Please refer to the Class Policy Statements in the course syllabus for information about excused absences and making up assignments.

Students in this course are required to complete the specified course requirements. Student’s final evaluation is based on these components.

|  |  |
| --- | --- |
| **Assignments:** | Points |
| 1. Group Work: Theory Chart | 10 |
| 2. Group Presentation on Application of Theories | 20 |
| 3. Midterm Exam | 15 |
| 4. Final Exam | 15 |
| 5. Theoretical Orientation Paper | 20 |
| 6. Theoretical Case Conceptualization Paper | 20 |
| **Total** | **100** |

**Grading Scale**

|  |  |
| --- | --- |
| A 90-100% | 90-100 Points |
| B 80-89% | 80-89 Points |
| C 70-79% | 70-79 Points |
| D 60-69% | 60-69 Points |
| F Below 60% | 59 or below Points |

**1. Theory Chart (10 points):**

 Students will be assigned to small groups (approximately 4 students). Time will be given during each class for groups to work on completion of a “theory chart’ which includes pertinent information about each of the theories covered in class. These charts will assist students in comparing and contrasting counseling theories.

**2. Group Presentation on Application of a Theory (20 points):**

Students will have the opportunity to be active participants in their learning process. Each student will collaborate with another student to provide leadership to their colleagues in deepening their understanding of the application of a theory being examined. Please **DO NOT** create a PowerPoint. Each group will be assigned a specific counseling theory and then will be asked to pick one intervention from within that theory to demonstrate to the class. In your demonstration:

1. Provide a rationale for why a counselor would use the selected intervention and what this would do for the client.
2. Provide a step-by-step instruction of how to do the intervention
3. Prepare a short 5-10-minute role play of how to do the intervention OR provide a video of the role play (highlighting important parts)
4. Address multicultural considerations/population considerations when using this theory and intervention with diverse groups. You need to address clients of color, counselors/trainees of color, LGBTQIA clients, clients from various religious groups, persons with disabilities, and any other population your group deems relevant to the discussion.  In addition, provide considerations regarding using this approach in schools vs. community agencies.

**3. & 4. Midterm/Final Exams (15 points each):**

Each of the exams will consist of multiple-choice, short answer and case presentation questions drawn from class and assigned readings. The midterm exam will cover chapters 2-8; and the final exam will cover chapters 9-15. You will be allotted 3 hrs only for each exam.

**5. Theoretical Orientation Paper (20 points):**

The Theoretical Orientation Paper will be built off your understanding of counseling theories developed through in-class learning and discussions. Different theories will offer you different approaches to work with clients. As a counselor, you must be able to identify the theoretical basis that can best match who you are and what you believe will support clients in the counseling process. Developing your theoretical orientation will be critical in terms of case conceptualization, making treatment plans and applying techniques and strategies in counseling practice.

*Writing guidelines:*

Select one theory that is most relevant to your worldviews and discuss, in depth, how they are implemented in that theoretical approach. This assignment will help you not only be aware of your different worldviews towards different theoretical approaches, but also discover where you stand with those theoretical approaches.

**Three** sections should be included in this paper:

**The first section** should include a summary of your overall understanding of this theory and why you chose it as your main theoretical approach.

**The second section** will include your key beliefs of that theory. Please explicitly state each belief and explain why it matches your particular view of clients’ progress and personality development.

**In the third section**, you will talk about implications of this theoretical approach in working with clients in your field (e.g., clients with disabilities, youth population).

I understand that you may have more than one theoretical orientation. However, in order to have the space to fully develop your thoughts within a few pages, I encourage you to choose **Only** **One** and provide detailed work.

Grading guidelines:

1. Your writing product should include the required three sections listed above.

2. This paper require APA format (e.g., 12 font size, Times New Roman font, double spaced with 1 margin on each side and including a cover page).

For additional resources: <https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html>

3. The pages will range from **4-5** pages (excluding a cover page).

**6. Theoretical Case Conceptualization Paper (20 points):**

Each student will be randomly assigned a fictional case at the beginning of the semester. You will write a case conceptualization paper based on what you learned about each of the selected theories during the semester. This paper will help you to apply your understandings of counseling theories as well as the developed theoretical orientations to counseling practice.

*Writing guidelines:*

This paper will include **four** sections:

In the **first** section, you will use one paragraph to provide a very brief overview of the chosen theory.

In the **second** section you must explain why did you choose this theory? For example:

* Why did you think it was more suitable than others (e.g. fit your theoretical orientation?)
* Why does this theory work best for your client?

Support your reasons why or why not you used your identified theoretical orientation.

In the **third** section you will analyze the case by:

* Detailing your overall feelings of working with him/her
* Explaining your understandings of the client’s presenting concerns and your goals of working with him/her as viewed through the lens of the prescribed theory

In the **last** section, you will use your selected theory as a guide to compile your own list of theoretical consistent treatment plans and intervention strategies that may contribute to counseling outcomes for this client based on your assessment. **Please be as specific and creative as you can!**

Your ability to select and apply appropriate theoretical approaches for case conceptualization will be expected.

*Grading guidelines:*

1. Your writing product should include the required four sections listed above.

2. This paper requires APA format (e.g., 12 font size, Times New Roman font, double spaced with 1 margin on each side and including a cover page and a reference page).

3. The pages will range from 4-6 pages (excluding a cover page).

**Class Policy Statements:**

**Attendance:** Students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

**Excused absences:** Students are granted excused absences from class for the following reasons:  illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, or religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the Tiger Cub for more information on excused absences.

**Assignments:** All assignments must be typed and prepared in a professional manner (i.e., neat, correct grammar, spelling), following APA Style 7th ed. guidelines. It is very important that students submit work on time, or they will find it very difficult to catch up. Assignments are due on the date noted in the syllabus. ***It is the student’s responsibility to contact the instructor if assignment deadlines are not met. Late assignments will not be accepted, graded, or counted toward the student’s grade unless prior arrangements to alter an assignment due date have been made between the student and instructor.***

**Academic Honesty Policy:** All portions of the Auburn University student academic honesty code (Title found in the *Student Policy e-Handbook* will apply to university courses.) All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**Faculty Communication and Feedback**: At the beginning of each course, make sure that you understand the instructor’s preferred mode of communication and any specific communication protocol. One of the best ways to be effective as a student is to understand the instructor’s expectations and operate within those boundaries. Students should give the instructor **48 hours** to get back to them on any communication, and **one week** for grading turnaround time on major assignments. **The instructor reserves the right to alter these feedback parameters due to contingencies such as holidays, course progress, campus emergencies, weather, holidays, professional activities, etc. with notice provided.** If students have concerns about communication or feedback, they should always go to the professor first. Students should explain their concern as clearly as possible without judgment or emotion. Effective communication is an important skill, and every interaction in their program is an opportunity to develop this skill.

**Your Auburn University email address is the university-approved form of communication between instructors and students.** Follow the steps in [the video linked here](https://community.canvaslms.com/videos/1072) to set your notifications preferences and specify that all course alerts are routed to your Auburn University email address (userid@auburn.edu). You can contact [Auburn University's OIT Help Desk](http://www.auburn.edu/oit/helpdesk/) for assistance forwarding mail sent to your Auburn email address to a different email address that you regularly check. Additionally, it is your responsibility to read course announcements sent by your instructor. These are posted in Canvas, and you can configure your notification preferences to receive an email each time a new announcement is posted.

**This course will be supported by Auburn University’s Canvas platform**. The syllabus, class assignments, occasional lectures, test grades, final grades, and important announcements will be posted to the Canvas site for this course. Check the Canvas site for this course frequently.

**Zoom Policy**: If we meet on Zoom, your attendance, attention, and participation are expected. Zoom participation requires you to keep your video on and your microphone muted when you are not speaking. Although you may be participating from your domicile, our Zoom meetings are professional interactions. You should dress and behave as you would in a normal F2F classroom. To the extent possible, please minimize distractions in the background. I reserve the right to dismiss anyone from a Zoom meeting whose environment or behavior is distracting or problematic. If you have any issues with sharing your video feed, adhering to this policy, or anything else related to your use of Zoom please notify me via email in the first week of class. I’m happy to consider and provide accommodations, but you will need to be in communication with me.

**Disability Accommodations:** 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).

**Diversity Statement**: It is my intent that students from all diverse backgrounds and perspectives be well served by this course, that students’ learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength and benefit. It is my intent to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally or for other students or student groups. In addition, if any of our class meetings conflict with your religious events, please let me know so that we can make arrangements for you.

Many people might go by a name in daily life that is different from their legal name. In this classroom, we will refer to people by the names that they go by. Pronouns are a way to affirm someone's identity. They are simply a public way in which people are referred to in place of their name (e.g.**,** **“**he**”** or **“**she**”** or **“**they**”** or **“**ze**”** or something else). In this classroom, you are invited to share what pronouns you go by, and we will refer to people using the pronouns that they share.

**Course contingency:** If normal class and/or lab activities are disrupted due to illness, emergency, or crisis, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. Should the University suspend normal operations, please check e-mail for class communications and notices.

**Student Academic Grievance Policy:** The purpose of this university policy is to “resolve academic grievances of students, which results from actions of faculty or administration. This resolution should be achieved at the lowest level and in the most equitable way. The burden of proof rests with the complainants.”

**Professionalism:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

* Engage in responsible and ethical professional practices
* Contribute to collaborative learning communities
* Demonstrate a commitment to diversity
* Model and nurture intellectual vitality

**Professional Behavior:** As students prepare to work within professional counseling settings it is expected that you demonstrate the appropriate professional behaviors that are discussed in program handbooks, policies, and professional standards.

* Demonstrate appropriate professional behavior in the classroom including appropriate use of technology
* Demonstrate respect for peers and faculty
* Demonstrate responsible behavior related to attending class, completing assignments and participating in your educational training

**Justification for Graduate Credit:** This course includes advanced content on Clinical Rehabilitation Counseling. This includes content as specified by the Council for the Accreditation of Counseling and Related Programs (CACREP, 2024) specific to *Entry-level Specialty Areas – Clinical Rehabilitation Counseling (Section 5.D. Clinical Rehabilitation Counseling)*. All academic content approved by CACREP is for advanced Masters and/or Doctoral graduate study. This includes rigorous evaluation standards of students completing the student learning objectives specified in this syllabus.

***Contingency Plans includes the following:***

**Access to Course Content:**

All class materials and PowerPoints will be posted to Canvas for all lectures presented in class.

**Completion of Assignments and Exams:**

Class lectures would be supplemented with reflection questions and activities that could be completed outside of class. In addition, a discussion group could be established in order to provide for greater interaction between the instructor and students with regard to the content. Alternative assignments will be posted on Canvas for students and will be assigned as needed. These assignments will be submitted electronically.

**Syllabus Disclaimer:**

The course schedule and assignments are designed with the most up-to-date information and policies in mind. If the situation changes, I will make every effort to keep the schedule as consistent as possible; however, please note that the due dates for assignments and tests may be changed during the semester in response to the changing health and safety requirements or policies of the University. When changes are made, they will be communicated via Canvas Announcement, Canvas message, emails, and all assignment due dates will be updated.

**Health and Participation in Class:**

Your health and safety, and the health and safety of your peers, are my top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you must follow the AU policy related to COVID-19 ([Student decision tree](https://auburn.edu/covid-resource-center/_assets/pdf/sg-13-student-decision-tree.pdf)). My hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others.

Please do the following in the event of an illness or COVID-related absence:

* Notify me in advance
* Provide me with medical documentation, if possible
* Keep up with coursework as much as possible
* Participate in class activities and submit assignments remotely as much as possible
* Notify me if you require a modification to the deadline of an assignment or exam
* Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let me know as soon as possible so we can discuss your options.

Students with questions about COVID-related illnesses should reach out to the COVID Resource Center at (334) 844-6000 or at covidresourcecenter@auburn.edu.

**Health and Well-Being Resources:**

These are difficult times, and academic and personal stress is a natural result. Everyone is encouraged to take care of themselves and their peers. If you need additional support, there are several resources on campus to assist you:

* COVID Resource Center (<https://auburn.edu/covid-resource-center/>)
* Student Counseling and Psychological Services (<http://wp.auburn.edu/scs/>)
* AU Medical Clinic (<https://cws.auburn.edu/aumc/>)
* If you or someone you know are experiencing food, housing or financial insecurity, please visit the Auburn Cares Office (<http://aucares.auburn.edu/>)

**Course Expectations Related to COVID-19**:

* **Course Attendance**: If you are quarantined or otherwise need to miss class because you have been advised that you may have been exposed to COVID-19, you will be expected to develop a plan to keep up with your coursework during any such absences.

* **Course Meeting Schedule**: This course might not have a traditional course schedule. Be sure to pay attention to any updates to the course schedule as the information in this syllabus may have changed. Please discuss any questions you have with me.
* **Technology Requirements:** This course requires particular technologies to complete coursework. If you need access to additional technical support, please contact the AU Bookstore at aubookstore@auburn.edu.