**AUBURN UNIVERSITY**

**SPECIAL EDUCATION, REHABILITATION, AND COUNSELING**

Course Number: COUN 4000- D01

Course Title: Introduction to Counseling and Psychotherapy

Prerequisites: COUN 2000

Credit Hours: 3 semester hours credits/Graded

**Class Meeting:** Distance learning, T/TR, 11:00 am - 12:15 pm,

Instructor Information: Charlotte Jones (She/Her/Hers)

Graduate Teaching Assistant

Email: [czj0057@auburn.edu](mailto:czj0057@auburn.edu)

Virtual office hours by appointment: https://auburn.zoom.us/j/6713779348?pwd=cXpXQ0VUTzlhR0JUdVRkd1NiQ1JMdz09

*The course syllabus is a general plan for the course.*

*Deviations may be necessary in order to meet the needs of the class and any such deviations will be communicated to the class in a timely manner.*

***REVISED – January 2023***

**Course Description:**

This course is an introduction to current theory, research, and practice regarding counseling and psychotherapy. We will cover several current issues relevant to counseling and psychotherapy, including the process of change, history of psychotherapy, theoretical perspectives, ethical issues in therapy, recent research, empirically supported treatments, opportunities and challenges for practice, and practical concerns. You will *not* do counseling with actual patients and this is *not* a Practicum course. My goal is to introduce you to the fields of counseling and psychotherapy, so you can more clearly define your own interests, aptitudes, and values related to the counseling process.

**Respect for Diversity:**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 the students bring to this class be viewed as a resource, strength and benefit. 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.

Important note: I will attempt to foster an environment in which each class member is able to hear and respect each other. It is critical that each class member show respect for all worldviews expressed in class. It is expected that some of the material in this course may evoke strong emotions, please be respectful of others' emotions and be mindful of your own. Please let me know if something said or done in the classroom, by either myself or other students, is particularly troubling or causes discomfort or offense. While our intention may not be to cause discomfort or offense, the impact of what happens throughout the course is not to be ignored and is something that I consider to be very important and deserving of attention. If and when this occurs, there are several ways to alleviate some of the discomfort or hurt you may experience:

1. Discuss the situation privately with me. I am always open to listening to students' experiences, and want to work with students to find acceptable ways to process and address the issue.
2. Discuss the situation with the class. Chances are there is at least one other student in the class who had a similar response to the material. Discussion enhances the ability for all class participants to have a fuller understanding of context and impact of course material and class discussions.
3. Notify me of the issue through another source such as your advisor, a trusted faculty member, or a peer. If you do not feel comfortable discussing the issue directly with me, I encourage you to seek out another, more comfortable avenue to address the issue.

*Diversity Statement Adapted from Lynn Hernandez, Behavioral and Social Sciences, School of Public Health, Brown University*

**The Required Textbooks (should plan to rent/purchase and need to read):**

Luhrmann, T.M. (2000). Of two minds: The growing disorder in American Psychiatry. New York: Alfred Knopf.

Glading, S.T. (2018). Counseling: A comprehensive profession, 8th edition. Columbus, OH: Pearson.

**Assignments/Projects:**

**Exams**

(150 pts; 50 pts each) - The three exams will be a mixture of *multiple-choice, short answer, and essay style response*. Approximately 50% of the items will be from required readings, and the other 50% from the class material, which includes lectures, demonstrations, guest lectures, and discussions. Lectures and readings will be complimentary therefore performing well on exams will require knowledge of material covered both in class and from the readings. The exams are *not* cumulative, and each exam only covers the readings and lectures (plus other class material) for that third of the course. Make-up exams (which will require *written* documentation of an excused absence) will be *short-answer essay format* that cover the same material as the scheduled exams. An absence will be considered excused if there is written documentation of a severe emergency, serious illness with doctor’s note (dated that day), or Auburn approved event.

**Community Exploration Reflection**

(20 pts)**-** For this assignment, you will spend a day exploring your local community with a focus on understanding how mental health is addressed. Pay attention to the availability and accessibility of community counseling services, the presence of mental health resources, and the visible or perceived stigma surrounding mental health issues in your area.

Consider visiting local health clinics, counseling centers, community centers, or any other spaces where mental health might be discussed or treated. Observe how mental health services are integrated into your community, and note any signs, posters, or public messaging about mental health. Engage with community members if possible, and consider their perspectives on mental health and stigma.

After your exploration, write a two-page critical reflection (Times New Roman, 12pt., single-spaced) on your findings and thoughts. In your reflection, address the following:

* What did you observe about how mental health and counseling are approached in your community?
* How does the reality of your community’s mental health resources compare to your expectations or previous understanding?
* What aspects of mental health care or stigma surprised you, and why?
* Reflect on your personal thoughts and reactions to what you saw and heard. What did you like or dislike? What did you agree or disagree with?
* Pose 1-2 burning questions that arose from your exploration.

**Journal Papers**

(80 pts; 20 pts each) -You will write 4 one-page typed (Times New Roman, 12pt., single spaced) critical reflection on the course content (i.e., readings, video, and discussions). This is a chance for you to ask questions and share your own thoughts and reactions to the readings. Think about what you liked disliked, agreed, disagreed from the material, and 1-2 burning questions.

**Student Presentations:**

(100 pts) - In groups of 3-4, students will select a topic and research how counselors work to help individuals with that particular concern. Students whose major is in a related field may present on how people from their discipline work with a particular problem. The selected problem should have some relationship to mental health or mental illness. Examples of problems students might select include depression, bipolar disorder, eating disorders, loneliness, relationship concerns. This is not an exhaustive list. Each group must clear the presentation topic with the instructor by the 6th week of class. Each group will submit an outline of their topic 1 week ahead of their presentation date.

**Formal Paper:**

*This paper has two parts, a peer review draft (30pts) and the final paper (120 pts) for a total of 150 points. The purpose of the peer review is to gain feedback on how to improve your paper from your peers and instructor.*

You will write a 5-page research paper addressing some aspect of the counseling process discussed in the Luhrmann (2000) required textbook. You may also choose to write your research paper on the Glading (2018) textbook. You must choose one or the other as your main source for your paper. Your paper must be typed, double-spaced, use a Times New Roman 12-point font size, and use 1.0-inch margins. As a class, we will discuss a list of possible issues that you might want to consider for your paper. Your research paper will follow APA format which will discuss in-class. As an upper level course, it is expected that you will continue to develop critical writing and research skills. Therefore, this paper will in essence be a literature review like those that you would find in a peer review journal. You will review what Luhrmann (or Glading) says about the topic and supplement your review with other academic sources (you will have at least 5 sources that are either professional books or journals, *not* web sites).

Your literature review should include a discussion of how that topic fits with the course and the field of counseling & psychotherapy and brief speculation on the implications of this issue for the future. Examples of relevant journals are the *Journal of Consulting and Clinical Psychology, Journal of Abnormal Psychology, Journal of Counseling Psychology, Behavior Therapy, Cognitive Therapy and Research, Behavior Research and Therapy, American Journal of Psychiatry, Archives of General Psychiatry,* and *British Journal of Psychiatry.* Your literature review should be clearly organized, focused on the topic, and well written. It should also be thorough, thoughtful, accurate, and include some of your *own* ideas and perspectives on the topic.

You will include a title page (APA format) and a list of references that you reviewed and cited (APA style). You may not quote more than 50 words, and always put quotations in quotation marks along with providing the source (authors followed by year) and page number. Avoid plagiarism as it will result in a grade of zero for the paper and (we will discuss this when discussing possible topics). You will submit your paper on the date listed in the course schedule for me to review. The purpose of this review is that I can give you feedback to help you as you develop your academic writing skills. I will assign a grade of to this paper and provide you with feedback. You will then hand in a revised version addressing my feedback plus the original version with my comments on the date listed in the course schedule (you *must* hand in the original or I cannot evaluate your improvements). The first version of your paper is worth 30 points and the revisions are worth 120 points, therefore it is recommended that you take both versions seriously. Late papers will be penalized (see late policy).

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| **Topic** | | **Exam** | **Assignments** | **Reading** |
| **Week** | **Topics** | **Exam** | **Assignments** | **Readings** |
| **1** | * Syllabus and introduction * What is Counseling/Psychotherapy? * Intro to Psychiatry, Mental Illness, and Stigma |  |  |  |
| **2** | * Personal and Professional Aspects of Counseling * Theories and Specific Approaches: The Importance of Perspective |  |  | Luhrmann pages 3-24 |
| **Community Learning: Community Exploration**  **No whole class meeting on September 3rd** | | | | |
| **3** | * The Importance of Perspective: Psychoanalytic, Psychodynamic, Adlerian, Person-Centered, Gestalt, Existential |  | Journal 1  **Due September 8th at 11:59 pm** | Gladding 1  Luhrmann pages 25-56 |
| **4** | * Behavioral/Cognitive * Feminist, Emotion-Focused * Review for exam * Feminist, Emotion-Focused |  | Journal 2  **Due September 15th at 11:59 pm** | Gladding 7  Luhrmann pages 56-83 |
| **5** | * Systemic, Brief, and Crisis Theories of Counseling * Orientation to Research and Writing | Exam 1 |  | Gladding 8 |
| **6** | * Counseling in a Multicultural Society * Multiculturalism and Diversity Videos * Counseling Diverse Clients * Multiculturalism and Diversity Videos |  | * Group Presentation Topic Submission * Research topic Submission   **Due September 29th at 11:59 pm** | Luhrmann pages 56-83  Gladding 3, 4, and 11 |
| **7** | * Groups in Counseling; Couples and Family in Counseling * Couples and Family in Counseling |  | Journal 3  **Due October 6th at 11:59 pm** | Gladding 9 and 14  Luhrmann pages 84-102 |
| **8** | * Differing Perspectives in Inpatient Care * The Great Debate: Research versus Practice |  |  | Luhrmann pages 102-157  Luhrmann pages 158-202  Luhrmann pages 203-265 |
| **Community Learning: Peer Review of Drafts**  **No whole class meeting on October 17th** | | | | |
| **9** | * Building Counseling Relationships * Diagnosis in Counseling/Psychotherapy * Testing and Assessment |  | * Final paper draft   **Due October 15th at 11:59 pm**   * Peer-review comments   **Due October 20th at 11:59 pm** | Gladding 5 and 12 |
| **10** | * Ethical and Legal Aspects of Counseling * Ethical Issues and Suicide * Ethical Issues and Homicide | Exam 2 |  | Gladding 2  Luhrmann pages 266-294 |
| **11** | * Professional School Counseling |  | Journal 4  **Due November 3rd at 11:59 pm** | Gladding 15 and 16 |
| **12** | * Clinical Mental Health and Private Practice Counseling * Hospitals and Veteran Affairs |  |  | Gladding 18 |
| **Community Learning: Student Presentations Prep.**  **No whole class meeting on November 12th** | | | | |
| **13** | **Student Presentations** |  | Presentation Submission  **Due November 14th at 9:00 am** | Gladding 17 |
| **14** | **Student Presentations** |  | Journal 5  **Due November 24th at 11:59 pm** |  |
| **15** | **Thanksgiving Break** |  |  |  |
| **16** | **Review** |  | Final Paper  **Due December 1st at 9:00 am** |  |
| **Final exam: Opens December 3rd and closes December 10th at 11:59 pm** | | | | |

Note: **Community Learning in green,** we will not meet as a whole. Please feel free to use the classroom, library, or any other space you feel comfortable to engaged with the class material. I will be available via zoom for student meetings/support

## **Course Requirements and Grading:**

All assignments must be completed to earn a final grade. Grades will be based upon total point accumulation in the course:

|  |  |
| --- | --- |
| Exams | 150 |
| Research Final Paper | 120 |
| Group Presentation | 100 |
| Journals | 100 |
| Peer Review Draft | 30 |
| **TOTAL** | **500** |

All assignments must be completed to earn a final grade. Grades will be based upon total point accumulation in the course:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A** | **B** | **C** | **D** | **F** |
| 500 – 448 | 447 – 397 | 396 – 348 | 347 – 298 | 297 and below |

Assignments are due at the START of class on the date listed on the syllabus. Canvas is considered the official time-stamp for assignments. Those assignments turned in after the indicated time on Canvas are subject to point deduction. Late papers/assignments will receive a 25% deduction in grade for each day they are late.

**Course Policy Statements:**

**Name/Pronoun Statemen**t: I will gladly honor your request to address you by an alternate/preferred name or gender pronoun. Please advise me of this preference early in the semester (either via email or in-person) so that I may make appropriate changes to my records.

**Attendance**: Active participation in our online sessions is crucial and expected. You are responsible for all material covered, even if you miss a session. Please note that missing a session will result in a loss of credit for in-class activities and discussions, which may impact your overall grade. Only those with university-approved absences will be allowed to make up missed assignments or activities.

In addition to attendance, I expect that when you join our online sessions, you are fully present and engaged. I understand that emergencies can arise, but these should be rare. Being late, leaving early, or stepping away for an extended period during our sessions is equivalent to an absence. Please note that two or more unexcused absences will result in an unsatisfactory grade.

**Camera and Environment Requirements:**

Your camera must be turned on during class, and you should be in an environment conducive to learning (e.g., quiet, free from distractions). If you cannot meet this requirement, you must notify me at least 24 hours in advance to discuss your situation.

**Mental health day**: You are permitted one mental health day to use at your discretion

Please note: if you miss a class session, you will not receive credit for assignments, in-class activities, exams, etc.; thereby, your overall grade can be affected by an absence

Only individuals with university-approved absences will be allowed to make up missed in-class assignments/activities. Notify me 12-24 before your mental health day absence; in no case shall your notification occur following the start of class.

**Excused Absences**: Only university excused absences will be accepted. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall notification occur more than once a week after the absence. Appropriate documentation for all excused absences is required. Please see university policies for additional information on absences.

**Religious/Cultural Observance**: Persons who have religious or cultural observances that coincide with this class should let the instructor know in writing (by e-mail for example) prior to the date of said religious or cultural observance.  I strongly encourage you to honor your cultural and religious holidays!  However, if I do not hear from you, I will assume that you plan to attend all class meetings.

**Personal Technology**: The use of a laptop, tablet, or any other device for taking notes or otherwise participating in class is permitted fine. However, please do not use a personal device for any purpose unrelated to our class. All devices should be silenced. Cell phones should be put away, except in the rare instance that I ask you to use them for an activity. I recommend that you power them down. If there is a serious need to leave your cell phone on, such as a family emergency, please put it on vibrate and let me know. Otherwise, if you are using your cell phone, you will be marked as absent for the class period and you will not receive participation points.

**Email**: Outside of class, I will communicate primarily through email. Therefore, all students are expected to regularly check their Auburn email for class updates and announcements. Additionally, if you have any questions regarding class material, feel free to email me using your official Auburn email or stop by my office. If you do not receive a response from me within 24 to 48 hours of sending an email, please be sure to follow-up with me.

**Recording**: In order to create a safe classroom and learning environment and to respect students’ rights to privacy, recording of class is prohibited. This includes audio and video recordings. However, a student may record classroom activities as an accommodation; in this case, I will notify all students should this occur.

**Class Cancellation**: In the event that class is canceled or the university closes, I will post the planned class activities on canvas, and students are responsible for completing these assignments before the next class period. Additionally, I will notify students if class is canceled at least 24-hours in advance through email, therefore, it is expected that students are regularly checking their official Auburn email.

**Make-Up Policy**: Arrangement to make up a missed test, in-class activity, or presentation due to properly authorized excused absences 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.

**Late papers/assignments will receive a 25% deduction in grade for each day they are late.**

**Academic Honesty**: The University Honesty Code and the university policies, see website at <https://sites.auburn.edu/admin/universitypolicies/default.aspx> for more information, pertaining to cheating will apply to this class.

Much plagiarism occurs as a result of missteps in regard to reading, note taking, and citation practices, or from procrastination, and/or panic. Care, timeliness, and communication will eliminate most of the risk. If you have questions about whether or not you should give credit to a source in your work, you may clarify it with me. In general, though, I recommend always the citing sources you have consulted as well as those you borrow from directly. If you are having difficulty with an essay, please contact me right away!

**Disability Accommodations**: Students who need accommodations are asked 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 alternate 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).

**Student Mental Health and Well-Being:** If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact **Student** **Counseling and Psychological Services (SCPS)** at **(334) 844-5123and** <http://wp.auburn.edu/scs> during and after hours, on weekends and holidays, or through its counselors physically located in the Medical Clinical and Haley Center. The East Alabama Mental Health Center has a toll free number that may be called 24 hours a day, 365 days a year for emergencies at **800-815-0630**. The clinician on-call will assist you as needed.

**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:

a. Engage in responsible and ethical professional practices

b. Contribute to collaborative learning communities

c. Demonstrate a commitment to diversity

d. Model and nurture intellectual vitality

**Title 1X:**  Auburn University is committed to providing an environment that is free from discrimination and harassment based on protected class. If you believe you have been the victim of harassment or discrimination based on race, color, religion, national origin, disability, age, or sex (including sexual orientation, gender identity, and gender expression), we encourage you to report it. If you report sexual assault or sexual misconduct to a faculty member, the faculty member is obligated to notify the University’s Title IX Coordinator about the basic facts of the incident. For more information about your Title IX reporting and resource options at Auburn University, please go to: [www.auburn.edu/titleix](http://www.auburn.edu/titleix)

*Course Policies Adapted for Use from CRLT, University of Michigan.*

**Office Hours:** I am available by appointment only. Campus email is the best way to reach me to schedule an appointment. I encourage you to make an appointment if you have any questions or concerns about the course or your performance in it. I am happy to meet with you via Zoom Tuesdays or Thursdays. Response time to e-mails is 48-hours Monday-Friday 8 AM – 5 PM.