**AUBURN UNIVERSITY**

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

**SYLLABUS**

**Spring Semester 2013**

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| **Course #:** | **COUN 7350 SC1** |
| **Course Title:** | **Introduction to Counseling Practice** |
| Credit Hours: | 3 credit hours |
| Co/Prerequisites: | COUN 7320 |
| Corequisites: | None |
| Date Syllabus Prepared: | January 2012, Revised January 2013 |

**Instructor:** Melanie M. Scherer Iarussi, Ph.D., LPC

Email: miarussi@auburn.edu

Phone: (334) 844-2880

Office Hours: Wednesday 11am-1pm, Thursday 2-4pm, and by appointment

**Texts:**

***Required:***

Cormier, S., & Hackney, H. (2012). *Counseling strategies and interventions* (8th ed.). Upper Saddle River, NJ: Pearson Education.

Rosengren, D. B. (2009). *Building motivational interviewing skills: A practitioner workbook.* New York, NY: Guilford.

***Recommended:***

Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change* (3rd ed.). New York, NY: Guilford.

Erford, B. T., Eaves, S. T., Bryant, E. M., & Young, K. A. (2010). *Thirty-five techniques every counselor should know.* Upper Saddle River, NJ: Pearson Education.

**Course Description:**

Methods, interventions and skills essential to counseling in community and post-secondary counseling settings. This course is designed to assist you in preparing for your first practicum experience. You will obtain opportunities to practice skills with mock clients, allowing you to increase your comfort in the execution of counseling skills in a safe environment. You will also be able to develop a core set of skills necessary to work with clients before entering into a counselor-client relationship. Given that the techniques you learn in this course help make the set of core skills necessary for counseling, mastery of skills is necessary for passing the course.

**Course Objectives:**

Through assigned readings, in-class exercises, videotaped simulated counseling experiences, and satisfactory performance on the mid-term and final examinations, students will demonstrate:

1. Knowledge about counselors’ roles in developing cultural self-awareness, promoting cultural social justice, advocacy and conflict resolution, and other culturally supported behaviors that promote optimal wellness and growth of the human spirit, mind, or body (CACREP.II.G.2.e.)
2. Knowledge of theories for facilitating optimal development and wellness over the life span (CACREP.II.G.3.h.)
3. An orientation to wellness and prevention as desired counseling goals (CACREP.II.G.5.a.)
4. Counselor characteristics and behaviors that influence helping processes (CACREP.II.G.5.b.)
5. Essential interviewing and counseling skills (CACREP.II.G.5.c.)
6. Counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling (CACREP.II.G.5.d.)

*Clinical Mental Health Counseling*

1. Demonstrate the ability to apply and adhere to ethical and legal standards in clinical mental health counseling (CACREP CMHC.B.1.)
2. Describe the principles of mental health, including prevention, intervention, consultation, education, and advocacy, as well as the operation of programs and networks that promote mental health in a multicultural society (CACREP CMHC.C.1.)
3. Know the principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning (CACREP CMHC.C.7.)
4. Use the principles and practices of diagnosis, treatment, referral, and prevention of mental and emotional disorders to initiate, maintain, and terminate counseling (CACREP CMHC.D.1.)
5. Apply multicultural competencies to clinical mental health counseling involving case conceptualization, diagnosis, treatment, referral, and prevention of mental and emotional disorders (CACREP CMHC.D.2.)
6. Demonstrate appropriate use of culturally responsive individual, couple, family, group, and systems modalities for initiating, maintaining, and terminating counseling (CACREP CMHC.D.5.)
7. Demonstrate the ability to recognize his or her own limitations as a clinical mental health counselor and to seek supervision or refer clients when appropriate (CACREP CMHC.D.9.)
8. Know the principles and models of assessment, case conceptualization, theories of human development, and concepts of normalcy and psychopathology leading to diagnoses and appropriate counseling treatment plans (CACREP CMHC.G.1.)
9. Understand how to critically evaluate research relevant to the practice of clinical mental health counseling (CACREP CMHC.I.1.)
10. Know evidence-based treatments and basic strategies for evaluating counseling outcomes in clinical mental health counseling (CACREP CMHC.I.3.)

*School Counseling*

1. Know the theories and processes of effective counseling and wellness programs for individual students and groups of students (CACREP SC.C.1.)
2. Knowstrategies for helping students identify strengths and cope with environmental and developmental problems (CACREP SC.C.3.)

**Course Requirements:**

1.   Reading of text, assigned articles, and handouts.

2.   Class attendance.  This course is highly experiential and class attendance is very important. You are allotted one excused absence (i.e., you notify me before you are gone). Additional absences will result in grade reduction, and students will be held responsible for any content covered in the event of an absence.

3.    Students will participate in in-class exercises and activities in order to practice counseling skills and reflect on their learning experiences.

4.    Students will participate in four (4) digitally recorded mock counseling sessions. Each session will be graded on the counseling skills identified in Grading Rubrics found on Canvas. Taping will occur outside of class meeting times. Students are expected to be dependable and responsible in regard to attending scheduled recording times with partners and in their treatment of the lab space.

1. For the individual counseling sessions “clients” will be drawn from class membership.
2. For each session, you must demonstrate the required skills. Failure to demonstrate these skills may result in students having to rerecord the session.
3. Students will be required to complete written assignments and documentation for recorded sessions as follows:
   1. Reflection Paper 1: Students will read and reflect on challenges commonly encountered by beginning helpers (Cormier & Hackney Ch. 10). Each student will then write a 3-5 page reflection on what challenges he or she anticipates encountering given his or her unique history and cultural background. *Students will document their reflections of these anticipated challenges and develop strategies for how to manage such challenges.*
   2. Practice Session Reflection Paper 2: Students will view their recorded practice session in full and write a 2-4 page reflection paper. Skills evaluated should include the following: Providing informed consent including limitations of confidentiality, eye contact, vocal qualities, verbal tracking, body language, open questions, closed questions, and intentionality. The paper must include the student’s evaluation of skill strengths demonstrated in the recorded session as well as skills that the student identifies need improvement. Students should also reflect on their internal experience during the session.
   3. Session A
      1. Students will complete an intake form with their mock client and turn in the completed form.
      2. Reflection Paper 3: Students will view their intake session in full and write a 2-4 page reflection paper. Students will reflect on their internal experience during the session, the safety of the environment created for the client, their question to reflection ratio, and their effectiveness in gathering information and closing the interview session.
   4. Session B
      1. Students will transcribe the last 15 minutes of their recorded counseling sessions. In a separate column next to the transcribed text, students will state the skill that they were using, and provide an alternative utterance.
      2. Reflection Paper 4: Students will view the session in full and review their transcription and write a 2-4 page reflection paper. Students will reflect on their internal experiences during the session in comparison to previous sessions. Students will also reflect on the skills they used during the session (e.g., questions, reflections, strategies to respond to discord or ambivalence), their intentionality behind their behaviors in session, effectiveness of skills used, and aspirations for the final recorded session.
   5. Session C
      1. Students will write a progress note of their recorded session.
      2. Reflection Paper 5: Students will view the session in full and write a 2-4 page reflection paper focusing on their internal experience in session, skills used including intentionality and effectiveness, and their experience of termination of the helping relationship. Students will also reflect on their progression across their four recorded sessions in regard to their comfort level in the counselor role, ability to implement counseling skills intentionally and effectively, and conceptualize client issues.

**Grading and Evaluation:**

*Skill Demonstration & Documentation*

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| --- | --- | --- | --- | --- | --- |
| **#** | **Title** | **Length** | **Required skills** | **Required Documentation** | **Point Value** |
| 1 | Practice session | 15 minutes | 1. Informed Consent 2. Rubric 1 | Reflection Paper | Recording – 25  Paper - 10 |
| 2 | Session A | 45-50 minutes | 1. Information gathering 2. Rubric 2 | Intake form  Reflection paper | Recording - 25  Intake form – 20  Reflection Paper - 10 |
| 3 | Session B | 45-50 minutes | 1. Identify MI-consistent skills 2. Rubric 3 | 15 minute transcription  with skills used and alternatives  Reflection paper | Recording - 30  Transcription – 30  Reflection Paper - 10 |
| 4 | Session C | 45-50 minutes | 1. Writing a case note 2. Rubric 4 | Progress note  Reflection paper | Recording - 35  Progress note – 10  Reflection Paper - 10 |

**Assignments Point value**

***Skill Demonstrations***

Practice session 25

Session A 25

Session B 30

Session C 35

Skill Demonstration Total 115

***Written Assignments***

Reflection Papers (5 x 10pts each) 50

Completed Intake 20

Transcription 30

Progress Note 10

Written Assignment Total 110

**Grand Total 225 points**

**A grade of Satisfactory requires both a class average of 85% or higher on both the Skill Demonstration point total and the Written Assignments point total.** All assignments are due at the beginning of class on their due date. Late assignments will be accepted at the discretion of the instructor and will result in a grade reduction. Unexcused absences (as outlined above) will result in a grade reduction. Failure to meet requirements or objectives will result in a grade of U. NOTE: a grade of S in this course is a prerequisite for enrollment in practicum.

**Class Policy Statements:**

1. Attendance: Students may miss up to one class without penalty. Additional absences will result in grade reduction, and students will be held responsible for any content covered in the event of an absence. Students are expected to be on time for class.
2. 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, 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, and religious holidays. Students who wish to have excused absences 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 notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see University Policies <https://sites.auburn.edu/admin/universitypolicies/default.aspx>for more information on excused absences.
3. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) 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.
4. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the University Policies <https://sites.auburn.edu/admin/universitypolicies/Policies/Forms/Academic.aspx> 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.
5. 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 PSD office, but need accommodations, make an appointment with The Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).
6. 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, an addendum to your syllabus and/or course assignments will replace the original materials.
7. 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:
   1. Engage in responsible and ethical professional practices
   2. Contribute to collaborative learning communities
   3. Demonstrate a commitment to diversity
   4. Model and nurture intellectual vitality
8. Use of Electronics: Cell phones must be put on silent and stored during class times, unless the instructor is notified of special circumstances (e.g., on-call professional services, family emergencies). Computers and electronic notepads are welcomed, but may be used for class purposes only and must not be a distraction.

**Justification for Graduate Credit:**

This course includes advanced content crisis intervention. This includes content as specified by the Council for the Accreditation of Counseling and Related Programs (CACREP, 2009). 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 outcomes specified in this syllabus.

**SYLLABUS DISCLAIMER:**

Due to the nature of this course, the instructor reserves the right to make changes to the syllabus as needed due to the developmental needs of the students.  In the event that changes are deemed necessary, the instructor will inform students at the earliest date possible in class or via email.

**Course Schedule:**

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| ***Week*** | ***Date*** | ***Material*** | ***Readings/Assignment*** |
| 1 | 1/9/13 | Introduction and Overview of Course  Introduction to Counseling Practice | C&H: Ch. 1 |
| 2 | 1/16/13 | Helping relationships  Self-disclosure  Ethical considerations  **Lab Tutorial** | C&H: Ch. 2, 5 (p. 57-62) & 10 |
| 3 | 1/23/13 | Multicultural considerations  Practice Informed consent  Attending to Clients  Observational skill | C&H: 3 & 4  **Reflection Paper 1** |
| 4 | 1/30/13 | Questions, Paraphrases, and Reflections | C&H: Ch. 5 (p. 73-74), 6 & 7  **Practice session**  **Reflection paper 2** |
| 5 | 2/6/13 | MI Spirit and Processes  OARS | R: Ch. 1 – 4  *M&R: Ch. 1-6* |
| 6 | 2/13/13 | Stages of Change  Exploring values and goals  Gathering information at intake  Establishing goals | C&H: Ch. 5 (p. 75-81) & 8  *M&R: Ch. 7* |
| 7 | 2/20/13 | Putting together person-centered skills at intake (practice sessions) |  |
| 8 | 2/27/13 | Change talk  Understanding and responding to ambivalence | R: Ch. 5 & 8  *M&R: Ch. 12 - 14*  **Session A due**  **Completed intake form**  **Reflection paper 3** |
| 9 | 3/6/13 | Responding to relationship discord | R: Ch. 6  *M&R: Ch. 15* |
| 10 | 3/13/13 | **Spring Break!!!** |  |
| 11 | 3/20/13 | Enhancing Motivation  Develop discrepancy  Scaling questions | R: Ch. 5  *M&R: Ch. 18*  ***ACA Conference*** |
| 12 | 3/27/13 | Agenda Setting, Sharing information, Expressing concern  Case notes | R: Ch. 7 & 9  **Session B due**  **Transcription**  **Reflection Paper 4** |
| 13 | 4/3/13 | Transitioning to plan development  Negotiating a treatment plan  Developing and implementing a treatment plan  Incorporating Theory-based interventions | R: Ch. 10 & 11  C&H: Ch. 9  *M&R: Ch. 19-22* |
| 14 | 4/10/13 | Evaluating progress, maintenance, and Termination | C&H: Ch. 5 (p. 81-88) |
| 15 | 4/17/13 | Fill in the gaps & Practice session |  |
| 16 | 4/24/13 | Individual meetings | **Session C due**  **Case note**  **Reflection Paper 5** |

**\*\*\*All assignments are due at the beginning of class time on the date noted.**

Readings listed in *italics* are recommended (optional).