**Department of Special Education, Rehabilitation, and Counseling**

**College of Education**

**COUN 4000**

Introduction to Counseling and Psychotherapy

**Tuesdays & Thursdays**

**09:30 am-10:45 am**

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Instructor Information:

**Sahana Sen**

M.A. (Counselor Education) UCF’19,

M.SW. Visva Bharati, India, ’12,

Doctoral student, Teaching Assistant

Auburn University, Counselor Education

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**szs0293@auburn.edu**

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**Office Hours:**

Haley Center **1232A**

**Thursdays 11am-12pm**

(By appointment)

­­­**AUBURN UNIVERSITY**

**SPECIAL EDUCATION, REHABILITATION, AND COUNSELING**

**SYLLABUS**

**Course Number:** COUN 4000

**Course Title**: Introduction to Counseling and Psychotherapy

**Prerequisites:**  COUN 2100

**Credit Hours:**  3 semester hours credits/Graded

**Instructor:** Sahana Sen (Preferred Salutations: Mrs. Sen, Sahana, Instructor)

**Contact Info:** szs0293@auburn.edu

**Class Meeting: Haley Center 1435, Tuesdays & Thursdays 09:30 am-10:45 am**

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| *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.* |

**Syllabus Preparation Date:** January 2022

**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.

**Course Requirements and Grading:**

Final grades will be based on 5 requirements that total 700 points.

The requirements:

1. **3 exams** (100 points each) covering reading and class material for that section of the course
2. **5 one-page journals** in which you critically reflect upon the readings or class material as assigned (30 points each), and
3. **A research paper** (150 points) addressing one topic covered in the Luhrmann (2000) required textbook (or Richards & Perri, 2002 text).
4. An **individual presentation** (100 points)

I use a “mastery grading system,” such that the grade cutoffs are as follows:

A = 540-600pts. (90-100%), B = 480-539pts. (80-89%), C = 420-479pts. (70-79%), D = 360-419pts. (60-69%), and F = 0-359pts. (0-59%).

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

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

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

**Exams:**

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, role plays, 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 section 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.

**Attendance Policy:**

Students are expected to view the lectures for the course. Viewing the lectures will replace the face-to-face lecture experience. It is the student’s responsibility to view the lectures, and they should not expect to keep up with the class or perform well on assignments/exams without viewing them.

**Late Policy:**

All assignments are due on the mentioned date and time on canvas. Should technological issues arise through the submission of assignments on Canvas, you are expected to submit the assignment by the due date and time to me by email (but be sure they go through). Unexcused late papers/assignments will be accepted up to 5 days past the due date, resulting in a significant grade reduction for each day past the date due. Unexcused late assignments that are submitted within 24 hours of due date will result in an automatic 10% grade reduction and an additional 10% per additional 24 hours late. Unexcused late papers/assignments will not be accepted beyond 5 days past the due date.

**Journal Papers:**

You will write 5 one-page typed (double-spaced) critical reflections on the readings. 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, and disagreed with from the material. You will use APA formatting and include relevant references and in-text citations.

**Student Presentations:**

Individually, 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, but the selected problem should have some relationship to mental health or mental illness. The emphasis is on TREATMENT. Examples of problems students might select include depression, bipolar disorder, eating disorders, loneliness, relationship concerns, anxiety, etc. This is not an exhaustive list. Each individual must clear the presentation topic with the instructor by 1st week of April. Each individual will submit an outline of their topic 2 weeks prior to the assignment due date.

**Research Paper:**

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 Gladding (2015) textbook. You must choose one or the other as your main source for your paper. *Your paper must be typed, double-spaced, use a 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 we 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 Gladding) 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 hand in 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 100 points and the revisions are worth 50 points, therefore it is recommended that you take both versions seriously. Late papers will be penalized (see late policy).

**Extra Credit Opportunities**

Any additional opportunities will be shared via CANVAS announcements and email, and they will be added to the syllabus.

**Accommodations:**

Any student needing accommodations should inform the instructor(s) and/or The Program for Students with Disabilities, in 1244 Haley Center as soon as possible. If you already have accommodations, it will be your responsibility to set up a conference with the instructor. Students in need of reasonable accommodations due to some other need or hardship are encouraged to meet with the instructor as soon as possible. All requests will be considered equitably regarding the other students enrolled in the course

**Canvas/Email:**

All course documents (i.e. syllabus, schedule) and PowerPoint handouts will be available on Canvas. The instructor will make a good faith effort to keep all students’ grades up-to-date on the course’s Canvas page.

**Tigermail is the preferred means of communication between student and instructor throughout this course.** The instructor will notify you via email and Canvas announcements of any course changes. The instructor will respond to emails within a 24-hour period. Emails will not be checked after 8pm by instructor.

**Academic Honesty:**

Auburn University expects students to pursue their academic work with honesty and integrity. The Academic Honesty Code is outlined in the Tiger Cub and contains a list of those actions that are considered cheating and the possible consequences that those actions carry. Violations of the Academic Honesty Code will NOT be tolerated in this course. If you are found in violation of the Academic Honesty Code, it will result in your receiving a failing grade.

**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

**Classroom Behavior:**

Students are expected to be considerate of other perspectives and experiences in all class discussions and interactions. It should be obvious that insulting language, minimization, and personal attacks are unacceptable. Though, none of us are perfect, and at times we may say something that causes harm because of our own lack of awareness. I expect everyone in this class, even myself, to be open to recognizing how we can be better and more aware of microaggressions and biased or marginalizing language. This is an inclusive class environment. This class values the individual identities of its students. 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.

**Respect for Diversity:**

I intend this class to meet the needs of students from all backgrounds and perspectives. As such, the diverse experiences, and perspectives of students in this course should be seen as a valuable resource for the growth of understanding of the human experience and unique needs of different groups. I encourage you to offer me your thoughts on ways to better serve your needs and the overall effectiveness of course delivery and content.

I expect everyone to be respectful and open to the experience of others and will do my best to create an environment where this is the case. A major part of working in counseling and human services is the development of effective empathy. This means that we must be aware of and sensitive to the lived experiences of others and how that informs their way of navigating the world.

This includes respecting personal pronouns and identity markers indicated by individuals. I encourage you to share your pronouns if you are comfortable doing so and will do everything for us to create a shared space that is respectful of that.

At times we may be challenged by other perspectives, but I encourage you to take a moment to consider why you feel challenged and how your own life experience informs that feeling. 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. It may not be our intention may to cause discomfort or offense, but it sometimes happens. Addressing these instances is important and the impact of them can be lasting. 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.

**Health and Participation in Class:**

**Face Coverings : Auburn is currently requiring face coverings for all individuals regardless of vaccination status, in all campus buildings and university transportation services.** As noted in the Dec. 29, 2021 AuburnNews, this policy is in effect until further notice.

You are expected to complete your Healthcheck screener daily. 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 instructions on the Healthcheck app. 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**:

1.Notify me in advance of your absence, if possible

2.Provide me with medical documentation.

3.Keep up with coursework as much as possible

4.Participate in class activities and submit assignments remotely as much as possible

5.Notify me if you require a modification to the deadline of an assignment or exam

6.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 ahealthieru@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 Response Team (http://ahealthieru.auburn.edu/)

•Student Counseling and Psychological Services (<http://wp.auburn.edu/scs/>)

•AU Medical Clinic (<https://cws.auburn.edu/aumc/>)

•Auburn Cares Office(<http://aucares.auburn.edu/>)

**A Healthier U Campus Community Expectations:**

We are all responsible for protecting ourselves and our community. Please read about student expectations for Spring semester, including any and every mandate mentioned by Auburn University. 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 may require particular technologies to complete coursework. If you need access to additional technological support, please contact the AU Bookstore ataubookstore@auburn.edu.

**Disruptive or concerning classroom behavior** involving the failure to wear a face covering, as directed by Auburn University, represents a potential Code of Student Conduct violation, and may be reported as a non-academic violation. Please consult the Classroom Behavior Policy.

**COUN 4000 Course Delivery Changes:**

Please be aware that the situation regarding COVID-19 is frequently changing, and the delivery mode of this course may adjust accordingly. If the delivery method is altered, please be assured that the learning goals and outcomes of the course will not change; however, some aspects of the course will change in terms of the mode of delivery, participation, and testing methods. Those details will be shared via Canvas announcements as soon as possible. Please be prepared for this contingency by ensuring that you have access to a computer, reliable Internet, and check the Canvas page for updates daily.

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| CLASS CALENDAR |
| Due Dates | **Tasks & Topics** | **Chapters** |
| Week 11/13 | Introduction, cover syllabus and other information |  |
| Week 21/18-1/20 | Historical Overview and the Process of Change and Growth | Gladding Chapter 1 |
|  | Historical Overview Continued | Luhrmann pages 3-24 |
| Week 31/25-1/27 | Theories and Specific Approaches: The importance of Perspective | Luhrmann pages 25-56 |
|  | Analytic and Psychodynamic, Adlerian, Humanistic | Gladding 7 |
| Week 42/1- 2/3 | Behavioral/Cognitive and Time Limited/Sensitive | Gladding 8 |
|  | **Journal 1 Due**Orientation to Research and WritingReview for Exam | Gladding 11 |
| Week 52/8- 2/10 | **Exam 1**History, Change Process, and Theoretical Perspective(Assigned Textbook Readings, Lectures, and Demos & role plays) | Luhrmann pages 56-83 |
|  | The Counseling Process | Gladding 5  |
| Week 62/15- 2/17 | The Counseling Process Contd. | Gladding 6 |
|  | **Journal 2 Due**The Counseling Process: Supervision and consultation | Gladding 10 |
| Week 72/22-2/24 | Theories in Action | Luhrmann pages 84-102 |
|  | Treatment in GroupsReview for Exam | Luhrmann pages 102-157Gladding 9 |
| Week 83/1- 3/3 | **Journal 3 Due**Contemporary Psychotherapy and Counseling | Luhrmann pages 203-238 |
|  | Managed CareReview for Exam | Luhrmann pages 239-265 |
| Week 93/8- 3/10 | **SPRING BREAK** |  |
| Week 103/15-3/17 | **Exam 2**Counseling Process: Establishing a relationship, Progression, and Client Care(Assigned Textbook Readings, Lectures, Demos, & role plays) |  |
|  | Multicultural Issues | Gladding 3 and 4 |
| Week 113/22-3/24 | **Research Paper Due** |  |
|  | Doing Psychotherapy and Counseling & Diagnosis | Gladding 12 |
| Week 123/29-3/31 | Ethical Issues | Gladding Chapter 2 |
|  | Ethical Issues continued | Luhrmann pages 266-294 |
| Week 134/5-4/7 | Specialties: Career and College counseling | Gladding 13 and 16 |
|  | Specialties: Family, Systems Work, and Addiction | Gladding 14 and 17 |
| Week 144/12-4/14 | **Journal 4 Due**Specialties: Family, Systems Work, and Addiction Contd. | Gladding 14 and 17 |
|  | Specialties: School Counseling and Clinical Mental Health**Revised Paper Due** | Gladding 15 and 18 |
| Week 154/19-4/21 | **Journal 5 Due****Individual Presentations Due**Course wrap up and review |  |
|  | **Continued** |  |
| Week 164/26-4/28 | **Review for Exam** |  |
| Week 17Final ExamMay 3rd(8:00 a.m.-10:30 a.m.) | **Exam 3**(Assigned Readings, Lectures, Demos, & role plays from last section) |  |