­­­**AUBURN UNIVERSITY**

**SPECIAL EDUCATION, REHABILITATION, AND COUNSELING**

Course Number: COUN 4000 – 001, Spring 2023

Course Title: Introduction to Counseling and Psychotherapy

Credit Hours: 3 semester hours credits/Graded

Class time: TR, 9:30 – 10:45 am

Room Number: Haley 2423

Instructor Information: Candace McConaha, M.A. (She/Her/Hers)

Graduate Teaching Assistant

**czm0141@auburn.edu**

Office Hours: T 12:15 – 1:45pm

R 9:00 – 9:30am

Haley 1234G

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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.* |

**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.

**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.

\*Note: The instructor may provide additional reading materials to supplement student learning, or ask that students find and bring academic sources on a given topic for class discussion.

**Assignments/Projects:**

**Attendance (3 pt per class – 81 pts).**

Student attendance is expected and attendance will be taken during each class period. Students who miss more than 15 minutes of class by arriving late or leaving early will be counted as absent. At the end of the semester, points for 2 class periods will be “given back” to students, and students who have not had 2 absences will receive bonus points.

**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. The third exam is your final exam, which will be taken during finals weeks at the scheduled time. 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.

**Critical Reflection Journal Papers**

(100 pts; 20 pts each) -You will write 5 one-page typed (Times New Roman, 12pt., single spaced; or 2 pages double spaced) critical reflection **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, disagreed from the material, and 1-2 burning questions.

**Student Presentations:**

(50 pts) - In groups of 3-4, students will select a “presenting issue” 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, academic concerns, anxiety, etc. This is not an exhaustive list. Each group must discuss the presentation topic with the instructor by the 6th week of class. Presentations should be ~15 - 20 minutes.

**Therapy Book Review Paper**

(100 pts) – Students will choose a novel about therapy (preferably written by a therapist or someone with extensive experience in therapy/with mental health). Examples of possible books are: *The Gift of Therapy* by Irvin D. Yalom, *Maybe You Should Talk to Someone* by Lori Gottlieb, *Sometimes Therapy is Awkward* by Nicole Arzt, *Letters to a Young Therapist,* by Mary Pipher, and *On Being a Therapist* by Jeffrey Kottler. This is not an exhaustive list, and students are encouraged to discuss options with the instructor. **In addition to this novel**, students must find one peer reviewed article that relates to something discussed in their book. Students will write a **4 - 5 page reflection paper (times new roman, 12pt font)**. Your paper should **summarize the book** and **article you read, discuss how the book relates to the topics discussed in the course,** and **discuss how your article relates to the book**. In addition, you **should identify issues brought up in the book that have been briefly or not explored in class, and you should discuss them**. Book choices must be submitted to the instructor by the third week of class.

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| **COURSE CONTENT OUTLINE** | | |
| **Topic** | | **Assignments** |
| **Week 1** | | |
| **R (1/12)** | Review of Syllabus; Introductions; “House Rules”  What is Counseling/Psychotherapy? |  |
| **Week 2** | | |
| **T (1/17)** | Intro to Psychiatry and Mental Illness  Personal and Professional Aspects of Counseling | Gladding 1  Luhrmann Introduction |
| **R (1/19)** | Mental Illness and Stigma  Theories and Specific Approaches: The Importance of Perspective | Luhrmann pages 25-56 (first half of ch 1) |
| **Week 3** | | |
| **T (1/24)** | Psychoanalytic, Psychodynamic, Adlerian | Gladding 7  Luhrmann pages 56-83 (second half of ch 1) |
| **R (1/26)** | Person-Centered, Gestalt, Existential | Gladding 7  **DUE: Book choice for Therapy Book Review Paper** |
| **Week 4** | | |
| **T (1/31)** | Behavioral/Cognitive  *Feb 1 is the last day to drop courses with no grade assignment* | Gladding 8  Luhrmann 2 |
| **R (2/2)** | Feminist, Emotion-Focused | **Due: Journal #1** |
| **Week 5** | | |
| **T (2/7)** | **Review for Exam 1** |  |
| **R (2/9)** | **Exam 1** |  |
| **Week 6** | | |
| **T (2/14)** | Counseling in a Multicultural Society  Counseling Diverse Clients | Gladding 3 - 4 |
| **R (2/16)** | Systemic, Brief, and Crisis Theories of Counseling | Gladding 8  **DUE Group Presentation Topic** |
| **Week 7** | | |
| **T (2/21)** | Building Counseling Relationships | Gladding 5 |
| **R (2/23)** | Differing Perspectives in Inpatient Care | Luhrmann 3 - 4  **DUE: Journal #2** |
| **Week 8** | | |
| **T (2/28)** | Orientation to research  The Great Debate: Research versus Practice | Gladding 11 |
| **R (3/2)** | Contemporary Psychotherapy and Managed Care  *Mid-Semester* | Luhrmann 5 – 6 |
| **Week 9 Spring break** | | |
| **T (3/7)** | NO CLASS |  |
| **R (3/9)** | NO CLASS |  |
| **Week 10** | | |
| **T (3/14)** | **Review for Exam 2** |  |
| **R (3/16)** | **Exam 2** |  |
| **Week 11** | | |
| **T (3/21)** | Diagnosis in Counseling/Psychotherapy  *Last day to withdraw from course with no grade penalty. “W” assigned.* | Gladding 12 |
| **R (3/23)** | Testing and Assessment | Gladding 12  **DUE: Journal #3** |
| **Week 12** | | |
| **T (3/28)** | **Student presentations** |  |
| **R (3/30)** | **Student Presentations** |  |
| **Week 13** | | |
| **T (4/4)** | Ethical and Legal Aspects of Counseling | Gladding 2 |
| **R (4/6)** | Ethical Issues and Suicide/Homicide | Luhrmann 7  **DUE: Journal #4** |
| **Week 14** | | |
| **T (4/11)** | Groups in Counseling  Couples and Family in Counseling | Gladding 9, 14 |
| **R (4/13)** | Professional School Counseling  College Counseling and Student-Life Services | Gladding 15 – 16  **DUE: Therapy Novel Paper** |
| **Week 15** | | |
| **T ( 4/18)** | Clinical Mental Health and Private Practice Counseling | Gladding 18 |
| **R (4/20)** | Hospitals and Veteran Affairs |  |
| **Week 16** | | |
| **T (4/25)** | Abuse, Addiction, Disability, and Counseling | Gladding 17  **DUE: Journal #5** |
| **R (4/27)** | **Review for Final Exam** |  |
| **FINAL EXAM: Monday, May 1, 8:00 am – 10:00 am** | | |

## 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:

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| Exams | 150 |
| Therapy Book Paper | 100 |
| Group Presentation | 50 |
| Journals | 100 |
| Attendance | 81 |
| **TOTAL** | **481** |

Grades will be based upon final percentages:

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| **A** | **B** | **C** | **D** | **F** |
| 90-100% | 80-89% | 70-79% | 60-69% | 59% 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 20% deduction in grade for each day they are late. If you have technical difficulties with canvas, it is your responsibility to email the instructor your assignment before the due date.

**Extra Credit through SONA**:

The College of Education has a subject pool operated through SONA system. The system provides students access to sign up for research studies for course extra credit. These studies can be in person or online. You received an email from the SONA administrator asking that you login to the system and create a password. If you are struggling to access this, please emailsona@auburn.edu.

For every SONA credit you earn, you earn 2 bonus points to be added towards your grade in the course at the end of the semester (i.e., NOT percentage points on your final grade). No more than 6 extra credit points can be applied to your grade through SONA. If you have questions about how these extra credit points are applied, please email me. If you have questions about participating in studies, please [emailsona@auburn.edu](mailto:emailsona@auburn.edu)

More information on SONA can be found at: <https://cla.auburn.edu/psychology/research/participation/>

**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**: Attendance is expected and you are responsible for all class material covered in your absence. If you miss a class session, please note that you will not receive credit for in-class activities and discussions; 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. In addition to attendance, I expect that when you do come to class, you will participate in class. I appreciate that emergencies do happen, but they do not happen each week. Arriving late to class, leaving early, leaving class for an extended period of time during class are similar to an absence.

**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. 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. 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.

**Email**: Outside of class, I will communicate primarily through email and canvas announcements. 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. **It is recommended that you set your canvas to send class announcements to your email.**

**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 as soon as possible 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.

**Your One 72-hour Extension:** Students are allowed ONE assignment extension (does NOT include exams or group project) during the semester, no explanation needed. In order to use this, students must email the instructor before the due date stating that they will be using their 72-hour extension.

**Late papers/assignments will receive a 20% 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 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) 844-5123** and <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)

**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*

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