

COUNSELING AND CLINICAL PSYCHOLOGY  
Sierra Nevada College – Donna Axton, instructor  
Fall 2015

Course Code & No. – Section	PSYC 322, Section 1
Course Title (Credits):	Counseling and Clinical Psychology
Term & Year:	Fall 2015
Course Ref. No. (CRN):	80253
Instructor:	Donna Axton
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Office:	David Hall 103
Office Hours:	Mon, Wed, 1-2 and by Appointment
Class Meeting Time:	Tuesday & Thursday, 11:30-12:45
Location:	Prim Library 213
Prerequisites:	PSYC 101 – Introduction to Psychology

**COURSE DESCRIPTION:**

This is a 3 credit course. It serves as an introduction to the theories, techniques and ethics of counseling and psychotherapy. The course will focus on the “helping process” and different styles of interviewing. The focus will be on individual differences among clients and multi-cultural issues.

**STUDENT OUTCOMES**

Upon completion of this course, a student will be able to

1. Describe the historical foundation of counseling
2. Define and differentiate the main theoretical approaches to counseling
3. Recognize the components of a therapeutic relationship
4. Implement therapeutic relating in their own life
5. Design a three stage treatment plan for a specific counseling scenario
6. Address diversity issues with sensitivity and effectiveness
7. Evaluate the effectiveness of counseling styles
8. Define their own theory of counseling

**METHODS OF ASSESSING STUDENT OUTCOMES**

1. Homework based on assigned readings
2. Tests and exams
3. In-class projects
4. Class discussion and participation
5. Book report and presentation

## **INSTRUCTIONAL STRATEGIES**

This class will utilize lectures, small groups, dyad work, assigned readings, written assignments, presentations, and guest lectures.

## **TEXTBOOK:**

Counseling - A Comprehensive Profession, by Samuel Gladding

## **CLASS REQUIREMENTS**

**Attendance:** This is an experiential as well as theoretical learning experience. Therefore, attendance is a requirement if you expect a quality educational experience. Exams and written assignments will be based to a large degree on classroom discussions, so it is to your advantage to attend each class session.

**Written assignments:** You will be asked to answer questions about the assigned reading. You also will be writing three autobiographical papers. The material of the more personal papers is confidential. All written assignments will be graded on content, organization, completeness and correct grammatical style. Late assignments will be given partial credit – you will lose 1 point out of 10 for each day you are late turning them in.

**Book synopsis/presentation:** Each student will report on one book in one of the fields we are studying. There are 5 different days for delivering this report. Each day corresponds to a particular aspect of the material covered. You will be given a list of books that I currently have available to me. If you have a book in mind that is not on the list, check with me about its appropriateness for this presentation.

**Participation:** A variety of activities is planned through the semester, including guest speakers, presentations, videos, and small group or dyad practice. Students are expected to participate and contribute to these in-class activities according to their own comfort level.

Be aware of your own needs in this regard. Speak to me directly if there is a concern.

**Exams:** Exams will be developed by the instructor, with input from the class, and both exams will have a "take home" component to allow students to demonstrate their acquisition of knowledge through thoughtful completion of exam questions. There will also be a closed-book component of the exam that will be given in class.

**Grading:**

Class attendance and participation	300 points
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There are 30 classes in the semester

Each class is worth

5 points attendance

5 points prepared and intelligent participation

Written homework	400 points
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20 homework assignments @ 15 = 300 points

Includes 3 autobiographical papers

Book report 100 points

Exams	300 points
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Midterm 100 points

Midterm take-home essay 50 points

Take-home Final 50 points

In-class final 100 points

A	920 - 1000
A -	900 - 919
B +	880 - 899
B	820 - 879 %
B -	800 - 819
C +	780 - 799
C	720 - 779%
C -	700 - 719
D +	680 - 699
D	620 - 679
D -	600 - 619
F	Below 600

**COURSE OVERVIEW:****PART I**

Counseling is a distinct profession that has evolved and developed during the 20th Century. The first part of the course will focus on:

- \* The definition of counseling and an examination of its history.
- \* The qualities of effective counselors.
- \* Counselors' responsibilities to clients and society in both the ethical and legal domains.

**PART II**

Counseling is a **PROCESS** that is guided by **THEORY**. In the second portion of this course we will discuss

- \* The major stages of the counseling process: building a counseling relationship, working in a counseling relationship and completing the counseling relationship.
- \* The major theories of individual counseling

**PART III**

Individual counseling is sometimes not the modality of choice. In the third section we will explore other modes of therapy and discuss their specific uses and requirements.

- \* Group counseling as a specific modality. When it is appropriate. How it is effective.
- \* Treatment for Chemical Dependency and other addictions
- \* Family counseling and couples counseling.

**PART IV**

In the last section we will discuss resources within our community. This will include:

- \* Local agencies
- \* School counseling on the elementary, secondary and college levels.
- \* Issues related to diversity of gender, ethnicity, religion, etc.
- \* Other specific uses of counseling

**PRIM LIBRARY RESOURCES**

Using the library's resources effectively (not just Internet resources) contributes to developing each of SNC's core themes by exposing students to high quality academic resources, diverse opinions, new ideas, and a future that includes building on a liberal arts education. In this course, you will be expected to utilize the library's resources (either on-site or remotely) as you complete your assignments.

Prim Library Resources for Counseling and Clinical Psychology include, but are not limited to:

1. Lib Guides: <http://libguides.sierranevada.edu/psychology>. These web pages have been compiled to highlight specific resources in psychology. Tabs indicate Prim library information regarding books, articles, websites, citations, and general interest psychology information.
2. Introduction to Prim Library website – <http://libguides.sierranevada.edu/library>
3. Books (to be checked out):
  - a. In general, books related to psychology have Library of Congress Classification numbers can be found in the BF and RC sections. Search the Prim Library Catalog using key words related to the topic that you are researching.

- b. Counseling books can be found in BF 637. But there is a great deal of source material for theories in BF 204 and 199.
  - c. Dunn, D. (2008) *A short guide to writing about psychology*. New York: Pearson/Longman. BF 76.8 .D86 2008.
4. Electronic databases most likely to include articles on psychology topics are EBSCO: Academic Search Premier, and PsycInfo. To access electronic databases off campus, use your first initial and your last name as the username and your 9 digit student ID number as the password.
  5. Hardcopy periodicals: Prim Library has current subscriptions for a few academic psychology journals; however, many full-text articles are available through the electronic databases.

### **Sanctions for Cheating and/or Plagiarism**

#### The Honor Code

The faculty of SNC believes students must be held to high standards of integrity in all aspects of college life in order to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

#### Consequences of Violating the Student Honor Code

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student's academic record.

- 1<sup>st</sup> Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 2<sup>nd</sup> Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 3<sup>rd</sup> Offense: Student is expelled.

**ADA Accommodations**

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, [hconover@sierranevada.edu](mailto:hconover@sierranevada.edu), office in Prim Library: PL-304.

**The SNC Email System**

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

**The Sierra Nevada College Mission Statement:**

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

**The Core Themes:**

Liberal Arts	Professional Preparedness
Entrepreneurial Thinking	Sustainability

## Course Outline and Assignments

### THE PROFESSION OF COUNSELING

#### WEEK 1

Tuesday, August 18 - Overview of course content, activities, goals and learning objectives.

Thursday, August 20 - History and Trends in Counseling

Reading due: Chapter 1 - pps 1-30

#### WEEK 2

Tuesday, August 25 - Personal and Professional Aspects of Counseling

Reading due: Chapter 2 - pps. 31-54

Thursday, August 27 - Ethical and Legal Aspects

Reading due: Chapter 3 - pps. 55-78

#### WEEK 3

Tuesday, September 1

Paper #1 due: World View Paper

Book Synopsis/Presentation materials. Counseling skills

Thursday, Sept 3 - Building Counseling Relationships

Reading due: Chapter 6 - pps.120-141

#### WEEK 4

Tuesday, September 8 - Working in the Counseling Relationship, Termination

Reading due: Chapter 7, 8 - pps. 142-176

Thursday, September 10 - Multi-cultural Awareness - Diversity

Reading due: Chapter 4 - pps. 79-117

### THEORETICAL APPROACHES TO COUNSELING

#### WEEK 5

Tuesday, September 15- Behavioral, Cognitive- Behavioral and Reality Therapy

Reading due: Chapter 10 - pps. 203-215

Thursday, September 17 - Rational Emotive Therapy and Transactional Analysis,  
Brief and Crisis Theories

Reading due: Chapter 10 - pps. 223 - 230

WEEK 6

Tuesday, Sept 22 - Existential Therapy

Thursday, September 24

*\*Book synopsis/Presentation I: Self Psychology, Cognitive, Behavioral, Pschodynamic, Freudian, Transactional Analysis,*

WEEK 7

Tuesday, September 29

Person Centered and Gestalt Existential Counseling

Reading due: Chapter 9 pps. 292-202

Thursday, October 1

Tuesday, September 24 - Psychoanalytic and Adlerian Theories

Reading due: Chapter 9 - pps. 178-188

WEEK 8

Tuesday, October 6

Midterm Review

Thursday, October 8

Mid-term Exam

WEEK 9

Tuesday, October 13

Jungian Therapy

Thursday, October 15

Reading due: Narrative Therapy

**SPECIALIZED COUNSELING METHODS**

WEEK 10

Tuesday, October 20- Systems, Bowen, Strategic, Structural

Reading due: Chapter 10 – Systems theory

Thursday, October 22

*\*Book synopsis/Presentation II: Subject matter: Jungian, Gestalt Existential-Humanistic, Narrative, Client centered*

WEEK 11

Tuesday, October 27

Paper #2 due: Family of Origin Analysis

Thursday, October 29

*Book synopsis/Presentation: III - Subject matter: Child Psychology, Feminist Psychology, Therapy, Mediation, Hypnosis, Family Counseling, Couples Counseling*

WEEK 12

Tuesday, November 3 - Marriage and Family -

OR - Couples Counseling

Reading due: Chapter 11 p. 253-274

Paper #3 due:

**COMMUNITY SERVICES**

Thursday, November 5 - Domestic Violence Treatment

GUEST SPEAKER

Reflection Marriage and Family

Reading due: Chapter 16 - pps. 335-354 n on Group Process

WEEK 13

Tuesday, November 10

Book synopsis/Presentation IV - Subject matter: Recovery: Chemical Dependency, Addictions, Alcoholism, Codependence, Sexual Abuse, Child abuse.

Thursday, November 12

Book synopsis- continued

WEEK 14

Tuesday, November 17 - Chemical Dependency Treatment

Reading due: Ch. 19 – pps. 402 - 424

PAUL GESSFORD \_ guest speaker

Thursday, November 19

Book synopsis/Presentation V: Subject matter: Art Therapy, Spiritual therapy, Play therapy, Personality theory, Communication theory

THANKSGIVING RECESS: November 23-27

WEEK 15 -

Tuesday, December 1- Career/school counseling

Reading due: Chapter 17 - pps- 355-382 or Ch. 18-pps. 383-401

Reading due: Ch. 15 – pps. 309-334

Thursday, December 3– Counseling and Creativity, Review

Expressive arts – experiential, Review and wrap-up

Monday – December 7<sup>th</sup> – Study Day – No Classes

FINAL EXAM – Wednesday, December 9, 11:30 am to 2:30 pm