

COUNSELING AND CLINICAL PSYCHOLOGY
Sierra Nevada College – Donna Axton, instructor
Fall 2014

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| Course Code & No. - Section: | PSYC 322, Section 1 |
| Course Title (Credits): | Counseling and Clinical Psychology |
| Term & Year: | Fall 2014 |
| Course Ref. No. (CRN): | 80033 |
| Instructor: | Donna Axton |
| Phone(s): | X7586 or 775-881-7586 |
| Email: | daxton@sierranevada.edu |
| Office: | David Hall 101 |
| Office Hours: | Mon, Wed, 1-2 and by Appointment |
| Class Meeting Time: | Tuesday & Thursday, 11:30-12:45 |
| Location: | Patterson 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 REQUIRMENTS

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:

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| 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

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

Includes 3 autobiographical papers

Book report 100 points

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| 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

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|-----|-------------|
| 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.
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- 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.

- 1st 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.
- 2nd 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.
- 3rd 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, 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:

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| Liberal Arts | Professional Preparedness |
| Entrepreneurial Thinking | Sustainability |

Course Outline and Assignments

THE PROFESSION OF COUNSELING

WEEK 1

Tuesday, August 19 - Overview of course content, activities, goals and learning objectives.

Thursday, August 21 - History and Trends in Counseling

Reading due: Chapter 1 -pps 1-30

WEEK 2

Tuesday, August 26 - Personal and Professional Aspects of Counseling

Reading due: Chapter 2 - pps. 31-54

Thursday, August 28 - Ethical and Legal Aspects

Reading due: Chapter 3 - pps. 55-78

WEEK 3

Tuesday, September 2

Paper #1 due: World View Paper

Book Synopsis/Presentation materials. Counseling skills

Thursday, Sept 4 - Building Counseling Relationships

Reading due: Chapter 6 - pps.120-141

WEEK 4

Tuesday, September 9 - Working in the Counseling Relationship, Termination

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

Thursday, September 11 - Multi-cultural Awareness - Diversity

Reading due: Chapter 4 - pps. 79-117

THEORETICAL APPROACHES TO COUNSELING

WEEK 5

Tuesday, September 16- Behavioral, Cognitive- Behavioral and Reality Therapy

Reading due: Chapter 10 - pps. 203-215

Thursday, September 18 - Rational Emotive Therapy and Transactional Analysis,
Brief and Crisis Theories

Reading due: Chapter 10 - pps. 223 - 230

WEEK 6

Tuesday, Sept 23

Existential.

Thursday, September 25

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

WEEK 7

Tuesday, September 30

Person Centered and Gestalt Existential Counseling

Reading due: Chapter 9 pps. 292-302

Thursday, October 2

Tuesday, September 24 - Psychoanalytic and Adlerian Theories

Reading due: Chapter 9 - pps. 178-188

WEEK 8

Tuesday, October 7

Review for Written exam. Mid-term essays due.

Thursday, October 10- – MIDTERM

WEEK 9

Tuesday, October 14

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

SPECIALIZED COUNSELING METHODS

Thursday, October 16

Jungian

WEEK 10

Tuesday, October 21

Reading due: Narrative Therapy,

Satir

Thursday, October 23

Liz Gifford – ACT and working with native americans in ALaska

WEEK 11

Group Counseling Experiential

Tuesday, October 28 - Marriage and family Counseling

Reading due: Chapter 16 - pps. 335-354

Paper #2 due: Reflection on Group Process

Thursday, October 30 - Couples Counseling

Paper #3 due: Family of Origin Analysis

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

COMMUNITY SERVICES

WEEK 12

Reading due: Chapter 11 - pps 232-250.

Tuesday, November 4 - Chemical Dependency Treatment

Reading due: Ch. 19 – pps. 402 - 424

Thursday, November 6- Domestic Violence Treatment

GUEST SPEAKER

WEEK 13

Tuesday, November 11

Thursday, November 13

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

WEEK 14

Tuesday, November 18 - Career Counseling

Reading due: Ch. 15 – pps. 309-334

Thursday, November 20 – School Counseling

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

THANKSGIVING RECESS: November 24-28

WEEK 15

Tuesday, December 2- Assessment and testing

Reading due: Chapter 14 - pps 286-305

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

Thursday – December 4 – Counseling and Creativity, Review
Expressive arts – experiential, Review and wrap-up

FINAL EXAM - Friday, December 13th, 11:30am-2:30pm