

COUNSELING THEORIES
COU 641-001 Fall 2007
Wednesdays 6:15PM - 9:00 PM
BEP 137

Northern Kentucky University
Department of Counseling, Human Services and Social Work
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*This syllabus is subject to change to meet the needs/demands of the class as deemed necessary by the instructor.

Prerequisites: Admission to Counseling program.

Required Reading/Texts:

Archer, Jr., J., & McCarthy, C.J. (2007). *Theories of counseling and psychotherapy: Contemporary Applications*. New Jersey: Upper Saddle River.

Rochlen, A.B. (2007). *Applying counseling theories: An online, case-based approach*. New Jersey: Upper Saddle River.

Welcome:

As your instructor I intend to make this course informative, challenging, and practical. As a student it is important that you take responsibility to initiate and implement your educational goals. This course is designed and structured to afford learning opportunities and provide you with several conditions which allow or encourage professional growth as a counselor. The degree to which you perceive this experience to improve your personal and professional growth will largely be a function of your own goals for this course.

Course Description: (3, 0, 3) Examination of the major models of counseling and psychotherapy; theoretical integration; review of outcome research; common factors model; brief counseling models.

Rationale:

This course serves as one of the core classes in NKU Counseling Program. It is a requirement of community, school, and marriage and family track students and should be taken early in the student's preparation for optimal performance in the clinical courses.

Instructional Methods:

Instructional methods include lecture, discussion, interactive learning, audio and video recordings, role-play, written work, reading, experiential learning, examination. DVD and online videos will be used to enhance the students' knowledge of course material.

Norse Express:

All NKU counseling students are required to register for a university e-mail account. Check E-mail regularly throughout the semester.

ADA Compliance

Students with disabilities who require accommodations (academic adjustments, auxiliary aids or services) for this course must register with the Disability Services Office. Please contact the Disability Service Office immediately in the University Center, Suite 320 or call (859) 572-6373 for more information. Verification of your disability is required in the Disability Services Office for you to receive reasonable academic accommodations.

Learning Objectives: The student can

- A. Demonstrate a working knowledge of the profession of counseling, including professional associations, contemporary issues, and counseling research. (CACREP II.K.1.a, b, c, d, e, f, h)
- B. Demonstrate appropriate sensitivity to clients, their cultural background, and their presenting situations. (CACREP II.K.2.a, b, c, d, e, f)
- C. Demonstrate a working knowledge of the philosophical history and philosophical concepts underlying the various counseling theories. (CACREP II.K.2.a, b, c, d, e, f.; CACREP II.K.3.a, b, c, d, e)
- D. Begin to investigate the importance of human development and its influence on human behavior and choice of counseling theory. (CACREP II.K.3.a, b, c, d, e)
- E. Understand the importance of multicultural issues in counseling. (CACREP II.K.2.a, b, c, d, e, f)
- F. Demonstrate understanding and use of the following counseling theories: Classical Psychoanalytic Theory, Individual Psychology, Person-Centered Therapy, Behavioral Therapy, Cognitive Therapy, Rational- Emotive/Behavioral Therapies, Reality Therapy, Systems and Strategic Therapies, Gestalt Therapy, Transactional Analysis, and Redecision Therapy. (CACREP II.K.5. a, b, c, d, e, f, g)
- G. Discuss how the above theories relate to agency counseling, individual counseling, group counseling, family counseling, career counseling, substance abuse counseling, marriage counseling, school counseling, college and university counseling, and brief therapy. (CACREP II.K.1. b, c, d, e, g)
- H. Discuss efforts to research and validate various theories of counseling; discuss empirically validated techniques, and use of research to improve counseling effectiveness. (CACREP II.K.8. a, c, d, e, f)

Expectations for Students:

1. Read the assigned chapters before the scheduled class meeting.
2. Attend class each week; arrive on time for class. Any assignments that are due the day of the missed class will not be accepted at a later date.
3. This course is *not* intended to teach you how to do specific counseling techniques. Instead, you will examine and become familiar with some of the most influential theories of psychotherapy and counseling. All students are expected to attend class each week, arrive on time, complete the readings and assignments before class, and to be prepared to discuss them intelligently in class. Read with a questioning attitude rather than for absorption of facts: What do I believe to be true? What is particularly challenging? What is hard for me to understand? How do these ideas relate to others covered in other classes?
4. Read the assigned chapters before the scheduled class meeting. Think critically about what you read. You are not expected to *like* every theory; each of you will have biases and preferences for certain theories. I encourage you to be open to examining different points of view. Research has not found any theory to be superior to another although some are better than others are for dealing with certain situations and issues. Be willing to share your ideas and ask difficult questions. The academic classroom should serve as an environment where diverse, and sometimes controversial, ideas can be discussed and evaluated.
5. The classroom will serve as a free-speech zone in which students will not be penalized for their viewpoints or opinions. [NKU's Code of Student Rights and Responsibilities states the following: "The professor has an obligation to encourage free discussion, inquiry, and expression. He/she may not evaluate student performance based on opinions (such as religious belief or political views) or conduct in matters unrelated to academic standards. Should students feel their performance has not been judged on solely academic grounds or that their grade does not reflect the quality of their work, they may appeal the professor's decision using the Academic Appeals Procedure outlined subsequently."]
6. Realize that you have the rest of your career to learn a few of these theories in depth. For this semester, focus on learning the conceptual bases upon which the counseling theories are explicitly, and implicitly, based so that you will have a working background in which to apply one or two theories with reasonable effectiveness.
7. Students are expected to adhere to the NKU Student Honor Code. Specifically, the honor code states that students "will not lie, cheat, or plagiarize to gain an academic advantage over fellow students or avoid academic regulations." Academic dishonesty includes, but is not limited to, cheating or helping other students cheat on examinations and plagiarism (i.e., presenting another's work or ideas as one's own). Violations of the Honor Code may lead to severe consequences, including up to expulsion from this course or NKU. More detailed information about the Honor Code can be found on one of the university's web pages at the following location: www.nku.edu/-deanstudents/Rights-Contents.htm.
8. Please turn off or place on silent mode all potentially disruptive electronic devices, such as cell phones and pagers.

Course Requirements:

All requirements must be met in order to receive a passing grade in this course

Academic Honesty

- Northern Kentucky University is dedicated to creating an environment conducive to the development of educated and intellectually curious people. Cheating and plagiarism are in opposition to the environment. Therefore, we require that all work submitted by a student be a product of that student's own ideas and words.
- Plagiarism is defined as using someone else's thoughts and/or words and allowing other people to believe they are your own. It does not matter whether this is done intentionally or unintentionally. One is plagiarizing when one uses specific words, phrasing, or ideas of others without using quotations marks and citation. When paraphrasing an idea or sentence, the original source of this material must be cited.
- Cheating is defined as copying from someone else's exam, purchasing a paper to be submitted as your own, or using books and notes during exams (in-class or take-home) when expressly forbidden to do so. These examples of cheating and plagiarism are not meant to be exhaustive. Rather they are to be used as basic guidelines for appropriate academic behavior.
- NKU takes academic dishonesty very seriously. A student guilty of cheating or plagiarism may be given a failing grade for the assignment or course by the instructor, who can recommend suspension or expulsion or expulsion from the University. Cheating and plagiarism will not be tolerated in any form. All work submitted by a student must represent that student's own ideas and effort; whether work does not, the student has engaged in academic dishonesty.

Additionally, all work completed and submitted for this course must be original in nature and must be created during the time frame of this course. Students may not submit the same work for two different assignments

LEARNER OUTCOMES

I. Exams: (CACREP II.K.2, 3.a, b, c, d, e.)

There will be 3 exams that together total 210 points and 52.5% of your final grade. The exams' format will be matching, short answer, and essay and application items. Consequently, students will need to know the material well enough to explain it to the instructor and apply the information to specific case examples. The exams cover information from the textbook, videos, classroom discussions, in-class exercises, and speaker notes (if we have them this semester).

****Policy on Missed Exams.** A student will be allowed to complete a missed examination only under unusual circumstances (severe illness, death in the family, etc.). If a student misses an exam because of illness, he or she will be responsible for providing a doctor's note documenting the illness. In any event, the student must contact the instructor in advance of the exam to explain his or her absence. If a student receives instructor permission to complete a make-up examination, it must be completed within one week of the original exam date and content of the exam may be different from the original examination given to the rest of the class.*

II. Case Conceptualizations: (CACREP II.K.2, 3, 5, 8 a, b, c, d, e.)

You are required to do three case conceptualizations (15% of your total grade) from the Rochlen text. The theories you will be selecting from will be posted on blackboard. An outline for this requirement will be presented later in the course.

III. Theoretical Orientation paper: (CACREP II.K.1, 2, 3, 5, 8 a, b, c, d, e.)

By the end of the course, each student will be expected to articulate an eclectic personal approach to counseling, derived from the case conceptualizations. Do not think of this as your final therapeutic approach but the beginning of the development of starting point. An outline for this requirement will be presented later in the course. The paper represents of 7.5% of the final grade.

IV. Reaction Papers: (CACREP II.K.1, 2, 3, 5, 8 a, b, c, d, e.)

This course depends heavily on video examples of various counseling theories from various sources. Each chapter in the Archer and McCarthy text has a video that demonstrates the techniques associated with each particular theory. You are required to write a one page typed reaction paper to each of these videos as assigned.

V. Attendance and participation:

You are allowed to miss one class without penalty. Subsequent absences will result in a 10 points deduction from your grade for each occurrence.

Grading Policy:

Your final grade will be determined on the following scale: 100 - 91 = A
90 - 81 = B
80 - 71 = C
70 and Below = F

Date Due	Assignment	Percentage	Points	Your grade
9-19-07 10-24-07 12-12-07	Exams 2 exams and final	52.5%	210 (70 each)	
One for each exam period	Case Conceptualizations 3 total	15%	60 (20 each)	
12-5-07	Theoretical Orientation paper	7.5%	30	
ongoing	Reaction papers	25%	100	
ongoing	Attendance and participation		See description	
Totals:		100 %	400	

