

SOC 366:
Introduction to Counseling
Spring, 2006

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Text: Nystul, *Introduction to Counseling*, 3rd edition

Course Objective:

The purpose of this course is to provide an introductory perspective to the content and process of counseling. We will explore counseling in terms of theory and practice. The focus will be primarily on individual counseling but there will also be a secondary focus on both group and family counseling. The course will be highly practice-oriented with students expected to master and demonstrate a broad range of skills.

Requirements and Information:

1. Reading assigned material and being prepared to discuss and role play in class. Class participation will be a significant factor in grading.
2. Tests: There will be two tests and one final examination. Questions will include a variety of modalities. Test dates will be: **February 14, 2006** and **March 23, 2006**. The date of the final will be determined later. Make-up tests will not be given without a documented and appropriate reason. If the make-up test is given, it will be different from the original test.
3. An optional term paper will be assigned with guidelines to follow. The paper is due on **April 13, 2006**. The topic must be approved in advance by the instructor. The paper, if done, will count as one-fourth (1/4) of the final grade.
4. Class attendance and participation is essential to learning. Students who have more than two unexcused absences will drop one grade level for each missed class, for example, a B to a B-, etc. Excused absences will include illness, family emergency, job interview, etc. Documentation is requested for excused absences.
5. Grading: The final grade will be based on the average score of the exams and, if done, the paper. Class participation can improve the grade by as much as three points, based on regularity and quality. The instructor reviews participation at midterm and at the end of the semester. Points will be added to the final grade dependent upon that evaluation.
6. The Academic Honesty Policy outlined in the Student Handbook will be strictly adhered to in all situations.

COURSE OUTLINE

1. An overview of Counseling and the Counseling Process
 - Communication Basics
 - Content and Process
 - Read: Chapters 1, 4, 3, 2, and 5

2. Developing a Personal Approach to Counseling from a Multicultural Perspective
 - Culture and Personality
 - Read: Chapter 6

3. An Overview of Counseling Theories and Approaches Based on Those Theories
 - Freud, Adler, and Jung, Chapter 7
 - Rogers, Perls, Frankl, Chapter 8
 - Skinner, Ellis, Glasser, Berne, Chapter 9

4. Special Approaches and Settings
 - Child and Adolescent Counseling, Chapter 11
 - Group Counseling, Chapter 12
 - Family Counseling, Chapter 10
 - Substance Abuse Problems, Chapter 15

Introduction to Counseling
TERM PAPER GUIDELINES
Spring, 2006

Choose a major theory of helping that interests you as a counseling frame of reference. Explore its basic assumptions, views of the helping relationship, and basic approaches to helping.

1. Major helping theories are Psychodynamic, Phenomenological, Behavioral, Cognitive-Behavioral and Transactional Analysis
2. Describe the major principles of the theory
3. What are the major approaches to helping employed in the theoretical framework?
4. Ideally, what should the client experience, and how should they respond to a counselor using this theory?
5. According to the selected theory, what counselor behaviors are suggested, and which ones are discouraged? Give examples.
6. What about the theory influenced you to choose it to study? Why did you choose this theory over your second choice?

Requirements:

1. The paper should be a minimum of 12 pages in length.
2. The paper must be typed.
3. A bibliography and footnotes are required. These should follow a standard format, but footnotes may be on a sheet at the end of the paper rather than at the bottom of each page.
4. At least six sources are required which may include books and journal articles.
5. For full credit the above format should be followed with each area addressed.
6. Please have the instructor approve your choice of a theory before you write the paper due to the number of specific theories under each general heading noted above.
7. The paper is due on **April 13, 2006** but may be turned in earlier if desired. Late papers will not be accepted, and a grade of zero points will be assigned. The paper represents one-fourth of the final grade.
8. The topic of Helping Theories will be covered in class around mid-semester. It might be helpful to students to delay paper writing until that point.