

SO 366 INTRODUCTION TO COUNSELING
FALL 2007

Thurs. 6:30-9:30PM
Judith M. Illingworth L.C.S.W.

Textbooks:

Michael S. Nystul, Introduction to Counseling, 3rd Edition
Naomi I. Brill & Joann Levine, Working With People, 8th Edition

Course Objectives:

This course will provide an examination of interview skills, problem assessment and intervention strategies. Special emphasis will be placed on values clarification and the use of relationships in the counseling process as well as the therapist-client relationship. In addition, students will be able to apply this knowledge to the various populations in the Human Services field.

Grading:

Diagnosis Paper.....15%
Take Home Midterm.....15%
Project.....30%
Participation/Attendance.....10%
Homework.....15%
Final Exam.....15%

Class Policies:

Attendance is mandatory. You will receive a 1% deduction for each class missed during the semester.

You will be expected to be prepared for each class. Lectures will be taught from both the textbook materials as well as other resources. The participation grade will be based upon your contributions in the class activities. Homework assignments will be distributed on the class prior to the due date as marked on the class schedule. If you are absent when the homework assignment is distributed, it is your responsibility to obtain the assignment and hand it in on the due date.

If there should be a class cancellation due to weather or any other reason, any assignments that are scheduled to be due on the next class date will remain due unless otherwise specified by me.

The exams will be taken from the texts and lecture notes as well as handouts. No alternate exam

dates will be given unless extraordinary circumstances apply. Leaving early on vacation is not an extraordinary circumstance.

All assignments must be handed in on the due date. Any written assignments handed in after the due date will have 3% subtracted from the total grade every day that it is late including weekends.

The consequences set forth in the Student Handbook will apply for any dishonest act.

I will be available both before and after class as long as necessary. My office is PPH Room 310. In addition, I can be reached at (610) 838-8674 until 9:00pm. My campus email address is jillingworth @moravian.edu.

Written Assignments:

Diagnosis Paper

Choose a diagnosis from the DSM IV. Give a complete definition of the diagnosis. You must use two resources in addition to the DSM IV. Research two effective treatments for the diagnosis and give a detailed explanation of each including examples.

Your paper will be 7 - 10 pages in length and must include citations and you must also provide a resource page.

The diagnosis that you choose may not also be utilized in your project.

Project

You will be expected to present an aspect of counseling specific to a population, theory, diagnosis or treatment skill. Examples:

1. Adolescents (population)
2. Cognitive Behavioral Therapy (theory)
3. Anorexia nervosa (diagnosis)
4. Treatment plan (treatment skill)

PART #1:

Paper- You will complete a 7-10 page paper examining the subject matter

That you have chosen. Your paper must include:

1. Complete overview and definition of the subject matter
2. Clinical aspects of the chosen subject
3. Identified population affected
4. Clinician's role
5. Two specific techniques utilized in treatment
6. Introduction to your video including your identified client

Scenario and timeline in treatment.

PART #2

Video- You will complete a role play demonstrating the area that You have chosen. Your role play must be videotaped and Approximately 5 minutes in length. You may utilize any Video device as long as it can be played in the classroom.

You will begin your class presentation with an overview of Your topic and then introduce your scenario. After the video Is played, you will relay to the class the role of the therapist/client relationship and the Effectiveness of the treatment tools that you have utilized. There will Also be a question and answer period.

Your grade will be split between the paper and the video presentation. Combined it will be 30% of your final grade. The topic must be approved by midterm.

Class Schedule:

Aug. 30 Course introduction

Sept. 6 Attitudes/values/knowledge areas
Multicausality
Life Model
Ethical issues
Nystul 1-2, 5
B/L 1-2

13 Engagement process
Assessment
Nystul 3-4
B/L 3 pp.43-53, 5-6, 9
Homework #1 Due

20 Assessment/Diagnosis
DSM IV
Nystul 4

27 Treatment Planning
B/L 7
Midterm Distributed

Oct. 4 Theory
Nystul 7-9
B/L 3 pp. 53-68, 8

Midterm Due

11 Individuals
Families
Nystul 10
B/L 10

18 Groups
Nystul 12
Homework #2 Due

25 Diversity
Nystul 6
B/L 4
Diagnosis Due

Nov. 1 Overview of diagnosis
Nystul 15
Handouts

8 Children and Adolescents
Handouts

15 Termination
B/L 12
Paper Due

29 Presentations

Dec. 6 Presentations

13 Final Exam