

SOC 366:
Introduction to Counseling
Spring 2016
1:10 – 2:20 Tuesday-Thursday

Instructor: Joseph E. Williams, LCSW, ACSW
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Text: Nystul, *Introduction to Counseling*, 4th 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 18, 2016 and March 24, 2016**. 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 14, 2016. 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. Class participation that is both regular and quality will help to improve the final grade. Students who have more than two unexcused absences will drop one final grade level-for example, a B to a B-. Excused absences include illness, family emergency, job interview, jury duty, etc. Documentation of the excuse will be requested for verification.
5. Grading: The final grade will be based on the average score of the examinations and the paper if done. Class participation can alter the final grade by as much as three points based on regularity and quality. The instructor reviews class participation at midterm and at the end of classes, and assigns 0-3 points based on his evaluation of quality. Grades are based on the numeric score on tests, for example, 80-83 B- 84-86 B 87-89B+
6. Office Hours: The Instructor is available Tuesday and Thursday 1:45 – 2:15. Other times are available on an appointment basis.
7. The Academic Honesty Policy outlined in the Student Handbook will be strictly adhered to in all situations.

8. Test questions are generally of the objective type with some essays and are difficult. These questions require understanding a concept clearly and not just a test of memory. It is highly recommended that students form study groups to prepare for examinations. Each group should be small with 4-6 members. Please contact the instructor if you need assistance getting into a study group.
9. Students who wish to request accommodations in this class for a disability should contact Director of Learning for academic and disability support, at the lower level of Monocacy Hall, or by calling 610-861-1401. Accommodations cannot be provided until authorization is received from the Academic Support Center.

COURSE OUTLING

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 2016

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 14, 2016** 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.