

MHS 5005 - Processes In COUNSELING

This syllabus is a representative sample for this course. Specific information such as texts, assignments, and schedule may vary by semester.

CATALOG DESCRIPTION

An introduction to the principles and procedures utilized in providing human services through the helping relationship. Experiential components will focus on facilitative skill building.

COURSE OBJECTIVES

1. To provide students with a conceptual framework from which to understand client behavior and affect.
2. To provide an understanding of the counseling process from intake through termination stages.
3. To develop student's basic knowledge and skills in the techniques of counseling.
4. To develop student's ability to understand a client's presenting concerns, set treatment goals, and utilize strategies and techniques appropriate to both the stage of counseling and the particular needs of the client from an *integrative-multicultural-accountability* perspective.
5. To orient the student towards a professional mental health counseling identity.

COMPETENCIES:

Florida Doe subject area competencies: 1.3, 1.7, 1.9, 2.1, 3.5, 5.3, 5.6

CACREP: K.1.a, K.1.h, K.2.b, K.2.c, K.2.f, K.3.c, K.3.e, K.5.a-c, K.5.g.

CACREP Mental Health Competencies: A1, A2, A6, C1, C3, C5, C7

CACREP School Competencies: C.2.a, C.2.b

TEXTS AND SUPPLEMENTAL MATERIALS

Readings as assigned.

You are expected to access library resources to complement the textbook

VHS videotape

COURSE REQUIREMENTS:

1. Complete all assigned readings. Each reading is to be done in advance of the classroom experience.
2. Attend ALL class sessions. Since this course will provide students time in class to practice counseling skills and to demonstrate progress in the acquisition of them, class attendance is fundamental to the successful completion of this course. Attendance at all classes is mandatory. Only one class absence is allowed. Each absence beyond the first will result in a 5-point reduction.
3. Complete assigned Workbook exercises in coordination with the material being discussed in class. These exercises are for the personal growth and development of the student so that she/he can individually react to the material. These exercises will be processed in class.
4. Each week, students will videotape simulations with one another showing the student's counseling abilities. Students will be randomly assigned into teams for a duration, and then re-assigned. Each week,

there will be class time set aside for viewing student videotapes for feedback. ALL STUDENTS ARE EXPECTED TO BE PREPARED TO SHOW A PORTION OF THEIR TAPE AT ANY TIME WHEN REQUESTED. This is crucial to the learning process.

5. Students are required to turn in 3 taped exercises.

Tape I should focus on the basic counseling skills: attending, listening, and empathic responding. The tape's function is for the STUDENT COUNSELOR to demonstrate the ability attend, respond, personalize, and initiate (in other words to reach a Carkhuff level of 3.5-4.0). Skills should include understanding, empathy, probing and summarizing. **THIS TAPE MUST BE TRANSCRIBED AND BE 20 MINUTES IN LENGTH.**

Tape II will show a formal-diagnostic evaluation, as outlined in Sperry et al. Chapter 4. Students will have approximately 20-30 minutes to get the information to complete the assessment from their "helpee." Students will complete a summary assessment, in accordance with the formal-diagnostic format.

Tape III will show a traditional lifestyle assessment. Students will be given information regarding how to perform this task in class, as well as see an example of a lifestyle analysis. Students will be expected to submit a write-up of their lifestyle analysis.

Note: Late tapes will result in a 5-point reduction.

6. Two examinations will be given: one "mid term" and one final. These will consist of multiple-choice questions and/or questions that require short answers. This latter type will require the synthesis of text material, classroom experiences, and lecture material.

EVALUATION:

Attendance:	15%
Exams	34%
<u>Transcripts</u>	<u>51%</u>
Total	100%

BIBLIOGRAPHY

- Carkhuff, R. R. (1993). *The art of helping VIII*. Amherst, MA: Human Resource Development Press.
- Carkhuff, R. R. (2000). *Human possibilities*. Amherst, MA Possibilities Publishing
- Cormier, S. & Cormier, B. (1998) *Interviewing strategies for helpers: Fundamental skills cognitive behavioral interventions (4th ed.)*. Pacific Grove, CA: Brooks/Cole Publishing Company.
- Egan, G. (1998). *The skilled helper: A systematic approach to effective helping (6th Ed.)*. Pacific Grove, CA: Brooks/Cole.
- Ivey, A. E. (1994) *Intentional interviewing and counseling (3rd ed.)*. Pacific Grove, CA: Brooks/Cole Publishing Company.
- Skovholt, T. M. & Jennings, L (2004). *Master therapists: Exploring expertise in therapy and counseling*. Boston, MA: Pearson Education, Inc.
- Sperry, L., Carlson, J., & Kjos, D. (2003). *Becoming and effective therapist*. Boston, MA: Pearson Education, Inc.

CLASS OUTLINE

Week	Class Content and Activities	Student Preparation	CACREP Standards	Evaluation
Week 1	1. Overview of Course 2. Course Requirements 3. Overview of the Helping Process		K1a; K5a MH: A1, C1 SCH: C.2.a-b	
Week 2	1. Lecture 2. Skills Practice		K2b; K5a MH: C5; C7 SCH: C.2.a	
Week 3	1. Lecture 2. View Videos 3. Skills Practice		K2b; K5a MH: C5; C7 SCH: C.2.a	View Videos
Week 4	1. Lecture 2. View Videos 3. Skills Practice		K2c; K5a MH: A6; SCH: C.2.b	EXAM 1
Week 5	Demonstration of Formal Diagnostic Evaluation		K5a; K5b; MH: A2; C1; C3; C5; C7	TAPE I DUE
Week 6	1. Lecture 2. View Videos 3. Skills Practice		K5a; K5b; K3c MH: A2; C1; C3; C5; C7	View Videos
Week 7	1. Lecture 2. View Videos 3. Skills Practice		K5a; K5b; MH: A2; C1; C3; C5; C7	View Videos
Week 8	1. Lecture 2. View Videos 3. Skills Practice		K5a; K5b; K3c; K5c MH: A2; C1; C3; C5; C7	TAPE II DUE Formal-Diagnostic
Week 9	Demonstration of Lifestyle Assessment		K5a; K5b; K5c MH: A2; C1; C3; C5; C7	View Videos
Week 10	1. Lecture 2. View Videos 3. Skills Practice		K5a; K5b; K5c MH: A2; C1; C3; C5; C7	View Videos
Week 11	1. Lecture 2. View Videos 3. Skills Practice		K1h; K2f; K3e; K5g MH: A2	TAPE III Due Lifestyle Analysis
Week 12	1. Lecture 2. View Videos 3. Skills Practice		K5a; K5b; K5c; K2c MH: A2; A6	View Videos
Week 13				EXAM 2