

INTRODUCTION TO THE COUNSELING PROFESSION

Summer I, 2014

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Office Hours: **In McKinney**
Mondays, 12:00-4:30pm, by appointment only

Office Hours: The instructor is accessible for out-of-class advisement and professional consultation relative to course performance and academic achievement. I will make every effort to resolve any problems, and I am available by telephone within 24 hours generally. If you need to speak with me, e-mail me and we will schedule a conference. The best way to reach me is via email or my cell phone.

IMPORTANT: Please use the e-college e-mail system. *E-mails sent outside the provided secure system are not confidential, and I assume no responsibility for protecting the information within them. All my announcement and initial contact to you will be through ecollege. If you send me an email outside of ecollege, I will reply to it but will not take responsibility for protecting the information shared with you.*

Texas A & M University-Commerce nurtures and educates for success through access to academic, research, and service programs of high quality.

TEXES COMPETENCIES

Competency 004 (Program Management)

The school counselor understands how to plan, implement and evaluate a developmental guidance program, including counseling services, that promotes all students' success

Competency 006 (Counseling)

The school counselor understands how to provide effective counseling services to individuals and small groups.

Competency 010 (Professionalism)

The school counselor understands and complies with ethical, legal, and professional standards relevant to the profession.

PROFESSIONAL CONDUCT

"All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment" (See Student's Guide Handbook, Policies and Procedures, Conduct).

Students with Disabilities:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library
Room 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamu-commerce.edu

CATALOG DESCRIPTION OF COURSE

501. *Introduction to the Counseling Profession* 3 semester hours.

Recommended as initial course in a student's program to serve as an introduction to the counseling profession. Roles of counselors and related professionals in various settings are presented. Professional goals and objectives, trends, professional associations, ethical and legal issues, history, credentialing, and preparation standards for counselors; and essential interviewing and counseling skills, characteristics and behaviors that influence helping processes are explored.

GENERAL COURSE INFORMATION

This course should be taken early in the student's preparation program. This course serves primarily as an orientation to the counseling profession and as a course where students develop basic interviewing and counseling skills and self-awareness that promotes appropriate counselor-client relationship. A grade of "B" or higher must be earned in this course and all other core courses (COUN 510, 528, and 516) before the student is allowed to continue with the degree program in counseling.

TEXT

Gladding, S. T. (2000). *Counseling: A comprehensive profession* (current edition). Englewood Cliffs, NJ: Prentice-Hall.

COURSE OBJECTIVES include, but are not limited to, the following:

Students will demonstrate understanding of:

1. essential interviewing and counseling skills so that the student is able to develop a therapeutic relationship
2. counselor and consultant characteristics and behaviors that influence helping processes including verbal and nonverbal behaviors and personal characteristics, orientations, and skills;
3. self-awareness so that the counselor-client relationship is therapeutic and the counselor maintains appropriate professional boundaries;
4. history and philosophy of the counseling profession, including significant factors and events;
5. requirements for entry into, progress through, and completion of the Texas A&M University-Commerce counselor preparation program.
6. professional roles, functions, and relationships with other human service providers;
7. integration of technological strategies and applications within counseling and consultation processes;

8. professional organizations, primarily ACA, its divisions, branches, and affiliates, including membership benefits, activities, services to members, and current emphases;
9. professional credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues;
10. public and private policy processes, including the role of the professional counselor in advocating on behalf of the profession;
11. advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients;
12. a general framework for understanding and practicing consultation, including an examination of the historical development of consultation;
13. ethical standards of ACA and related entities, and applications of ethical and legal considerations in professional counseling

CONTENT AREAS include, but are not limited to, the following:

- I. Introduction to helping skills (a primary emphasis of this course)
 - A. Essential interviewing and helping skills
 - B. Counselor and consultant characteristics and behaviors that influence the helping process
 - C. Importance of self-awareness in maintaining a therapeutic relationship and appropriate professional boundaries.
- II. History and philosophy of the counseling profession
- III. Master's-level programs at A&M-Commerce
- IV. Professional roles
 - A. Introduction to counselor roles common across settings including, but not limited to
 1. Counseling
 2. Assessment
 3. Consultation and its history
 4. Deferral
 5. Program evaluation
 - B. Educational settings
 - C. Non-educational settings
- V. Relationships with other human service providers
- VI. Technology and the counseling profession
- VII. Professional organizations for counselors
- VIII. Professional credentialing
 - A. Certification (School Counselor Certification and NCC)
 - B. Licensure
 - C. Accreditation
- IX. Public and private policy processes and advocacy on behalf of the profession
- X. Ethical standards and legal considerations in the counseling profession

COURSE REQUIREMENTS AND GRADING

Academic Conduct: All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The instructor will adhere to all University policies pertaining to attendance, make-up tests, cheating, plagiarism, withdrawal, incompletes, and final exams. Students are expected to be familiar with these policies and procedure and follow them as they apply to an online course of instruction.

Cheating on examinations, submitting work of other students as your own or plagiarism in any form will result in penalties ranging from an “F” on an assignment to expulsion from the university (See Student’s Guide Handbook, Policies and Procedures, Conduct).

Professional Conduct: Students are expected to adhere to the Code of Ethics of the American Counseling Association. Any behavior, which is deemed unethical, will be grounds for review of the student by the program faculty.

Attendance: Attendance is mandatory and the instructor takes the roll at the beginning of the class. Your full active participation in class is expected.

Exams: There will be two multiple-choice exams. The exams will cover your readings and lecture material.

Term Paper: You are to write a 8 to10-page paper on an area of interest for you in the counseling profession or diagnosis. This paper is NOT about a counseling theory. It is about a current issue, type of treatment, specialization, specific issue in an area of counseling, etc. The term paper has to be APA style.

Grading: An instructor does not give grades. Students earn grades. If you approach your class with this understanding, it is the beginning of taking responsibility for your education and being a great student.

There are no extra credit assignments.

2 Exams (30 points each) =	60
Professional paper and presentation =	20
Listening skills demonstration (4x5) =	20
Total	100

Grading Scale

90-101	=	A
80-89	=	B
70-79	=	C
60-69	=	D
59>	=	F

Tentative Course Calendar

The instructor reserves the right to change the calendar as needed.

Date	Chapter	Assignment
06/02	www7.tamu-commerce.edu/counseling Skills Practice	Program Orientation (Counseling Majors only) Visit Counseling Department web site. Click on Masters program hand book on the right of screen. This is a pdf file and you may print it for your own record. Minimal encouragers; open and closed questions
06/04	Online 1 2	History of and trends in Counseling Personal and Professional Aspects of Counseling Introduction and practice of verbal attending skills
6/09	Skills Practice	Minimal encouragers; open and closed questions
06/11	Online 3 4 5	Ethical and Legal Aspects of Counseling Counseling in a Multicultural and Diverse society Counseling with Diverse Population Exam Review
06/16	Skills Practice	Midterm Exam (chapters 1-7) Introduction of core conditions and practice communication (emphasis-reflection of feeling)
06/18	Online 6 7 8 12 13 14	Building a Counseling relationship Working in a counseling Relationship Termination of Counseling relationships Consultation Evaluation and Research Testing, Assessment, and Diagnosis in Counseling
06/23	Skills Practice	Verbal attending and demonstration of core conditions Reflection on content, Reflection of Meaning, Clarification Concreteness, immediacy and appropriate self-disclosure
06/25	Online 15 16 17 18 19 20	Career Counseling over the Life Span Marriage and Family Counseling Professional School Counseling College Counseling and Student-Life Services Substance Abuse and Disability Counseling Mental Health and Community Counseling
06/30	Presentation	Professional Paper Due
07/02	In class	Final Exam (chapters 12-20)