SYLLABUS
COUN 510
Counseling Theories & Techniques
Spring 2015
Wednesday, 4:30pm – 7:10pm
CHEC

INSTRUCTOR:
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OFFICE HOURS
Tue. 3:00 - 4:30 (MLPX)
Wed. 3:00 – 4:30 (CCHE)
Other time by appointment

CATALOG DESCRIPTION OF THE COURSE:
510. Counseling Theories and Techniques. Three semester hours. A study of the philosophical and theoretical bases of the helping process. Includes study of major counseling theories, basic helping skills, and applications to diverse populations. Also includes professional issues related specifically to the counseling process.

GENERAL COURSE DESCRIPTION:
This course, along with COUN 501, serves as one of the basic introductory courses in the Counseling Department. It is a requirement for all degree options, and should be taken early in the student’s preparation. A grade of “B” or higher must be earned in COUN 501, 510, 522, and 516 (or its equivalent for those seeking school counselor certification only), which is required before practicum level two courses.

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

1. The student will identify explain, and/or describe generally accepted characteristics of effective helpers.
2. Students will differentiate counseling from traditional interpretations of guidance, psychotherapy, and consultation via explanation, description, or the identification of descriptive statements.
3. Students will distinguish between the outcome and process goals of counseling and consultation via explanation, description, or the identification of descriptive statements.

4. Students will identify, generate responses, and/or demonstrate appropriate behaviors that are consistent with the Ethical Standards and Standards of Practice of the American Counseling Association, including differentiating between ethical and legal issues.

5. Students will identify, explain, and/or describe characteristics and behaviors that influence helping processes, including, but not limited to age, gender, ethnicity, culture, race, lifestyle, verbal and nonverbal communication styles, personal characteristics, traits, capabilities and life circumstances.

6. Students will identify, describe, and/or apply appropriate counseling skills to client/consultees who are different from the counselor in terms of race, cultural background, gender, age, physical abilities, lifestyle, and/or other criteria.

7. Students will identify, describe, and/or apply appropriate counseling skills to clients who are reluctant or resistant.

8. Students will identify and/or list and describe the typical stages of counseling initial interview through termination.

9. Students will identify, explain, apply, and/or evaluate hypothetical examples of basic interviewing, assessment, and counseling skills, including, but not limited to active listening, empathy, genuineness, unconditional positive regard, concreteness, immediacy, confrontation, self-disclosure, structuring, use of silence, nonverbal communication, and communication leads such as interpretation, probes, reassurances, questions, and restatements and reflections.

10. Students will identify, explain, or demonstrate behaviors congruent with currently accepted, psychodynamic, cognitive-behavioral and affective counseling theories, techniques, and practices, including, but not limited to Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Behavioral, Cognitive-Behavioral, Reality, Family systems, and Postmodern Approaches.

COURSE REQUIREMENTS

Academic 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, Polices and Procedures, Conduct) “Graduate students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all their scholastic work.” (See Section A13.12, Academic Honesty, A&M-Commerce Procedures.) Academic honesty is the bedrock of academic life. Plagiarism is a violation of academic honesty and may result in penalties ranging from a grade of “F” on an assignment to a recommendation of expulsion from the university.

Professional Conduct: Students are to conduct themselves in a professional manner which includes adherence to the Code of Ethics of the American Counseling Association. Respect for the instructor and fellow students dictates that all cell phones and other similar electronic devices be turned off during class.
Attendance: Attendance is required. Three unexcused absences will result in you being dropped administratively from the class. Students are responsible for material covered in class as well as class assignments.

STUDENT PERFORMANCE EVALUATION CRITERIA AND PROCEDURES
Assignments are due on the date stated on the tentative schedule. Late papers will not be accepted. In case of excused absences assignments due on the day of the absence will be due at the next class meeting unless prior arrangements have been made.
Tests and assignments will be given a numerical grade. Numerical grades are equivalent to the letter grades listed below.

100-90 = A
89-80 = B
79-70 = C
69-60 = D
> 60 = F

Examinations comprise 70% of the final grade
Exams: Four exams will be administered and will be based on readings and class notes. A fifth exam will be optional.

METHOD OF INSTRUCTION
Lecture, discussion, and examination

Required Textbooks:

TExES COMPETENCIES THAT RELATE TO THIS COURSE (TExES is the state examination required for school counselor certification.)

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.
ACCOMMODATIONS FOR 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@tamuc.edu

CONDUCT AND ACADEMIC HONESTY
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UNIVERSITY CLOSING DUE TO WEATHER
Check http://www.tamu-commerce.edu/ regarding class cancellations. Also, KETR radio on 88.9FM and television channels 4, 5, and 8 (channel 7 for Tyler & Longview Area). A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

TENTATIVE CLASS SCHEDULE

1/21 Orientation
1/28 Psychoanalytic Therapy
2/4 Adlerian Therapy
2/11 Exam 1
2/18 Existential Therapy
2/25 Person-Centered Therapy

3/4 Exam 2

3/11 Gestalt Therapy

3/38 Behavior Therapy

3/25 Exam 3

4/1 Cognitive-Behavior Therapy & Rational Emotive Behavior Therapy

4/8 Reality Therapy

4/15 Exam 4

4/22 Feminist Therapy

4/29 Post Modern Approaches

5/6 Optional Exam 5