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## **SPRING 2015 (SUBTERM: 1/20-3/6, 2015)**

### **OFFICE HOURS**

**(PLEASE SEND EMAILS-----I'M IN THE OFFICE MONDAY-FRIDAY---9-3 PM)**

### **CATALOG DESCRIPTION OF COURSE**

501. *Introduction to the Counseling Profession*. Three 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; preparation standards for counselors; and essential interviewing and counseling skills, characteristics, and behaviors that influence helping processes are explored. [NOTE: This includes the revision that was submitted for the next catalog.]

### **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 relationships. A grade of "B" or higher must be earned in COUN 501, 510, 528, and 516 for admission to candidacy status (or its equivalent for those seeking school counselor certification only), which is required before practicum (COUN 551).

### **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, ACA, TACUSPA, NAADAC, TAAP, 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. Referral
    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 OBJECTIVES/COMPETENCIES; STUDENTS WILL LEARN**

- **ABOUT EFFECTIVE HUMAN INTERACTION AND THE NATURE OF PERSONAL CHANGE**

- **ABOUT THE IMPORTANCE OF CULTURAL SENSITIVITY IN COUNSELING WORK**
- **THE CORE CONDITIONS OF A COUNSELING RELATIONSHIP**
- **THE PERSONAL CHARACTERISTICS OF AN EFFECTIVE COUNSELOR**
- **TO DEVELOP SELF AWARENESS OF THE WAY IN WHICH ONE RELATES TO OTHERS**
- **BASIC COUNSELING INTERVENTIONS/STRATEGIES**
- **THE IMPORTANCE OF ONGOING SUPERVISION AND FEEDBACK IN COUNSELING WORK**

## **METHOD OF INSTRUCTION**

Lectures online.

## **COURSE REQUIREMENTS AND GRADING**

ATTENDANCE ONLINE (READING LECTURE NOTES)

1 EXAM (**March 5**)

A NINE TO TWELVE PAGE PAPER ON AN AREA OF INTEREST IN STUDENT AFFAIRS (GREEK LIFE, ADDICTION COUNSELING, ADMISSIONS, ORIENTATION, RESIDENCE LIFE, STUDENT LIFE, DIVERSITY, RECREATION LIFE, STUDENT CENTER, ETC) (APA STYLE CURRENT EDITION) (**Due March 6, 2015**)

## **STUDENT PERFORMANCE EVALUATION CRITERIA AND PROCEDURES**

90-100 A  
80-89 B  
70-79 C  
60-69 D  
50-59 F

## **REQUIRED TEXT(S) AND/OR READING(S)**

GLADDING, S.T. (CURRENT EDITION). COUNSELING: A COMPREHENSIVE PROFESSION. ENGLEWOOD CLIFFS, NJ: PRENTICE-HALL.

## **SELECTED BIBLIOGRAPHY includes, but is not limited to, the following:**

Belkins, Gary. Introduction of Counseling. Long island University Press.

Hackney, Harold. Counseling and Strategies and Interventions. Prentice Hall Press.

Ivey, A.E. & Ivey, M. B. Intentional interviewing and Counseling. Pacific Grove, CA: Brooks/Cole Publishing Company.

Lonner, W.J. Counseling across cultures. Honolulu: University of Hawaii Press.

Meier, S. T. & Davis, S. R. The Elements of counseling. Belmont, CA: Wadsworth.

## **ATTENDANCE**

The student is expected to attend class regularly online. University guidelines regarding

attendance policy will be followed.

## **ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES**

### **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](mailto:StudentDisabilityServices@tamuc.edu)

## **CONDUCT AND ACADEMIC HONESTY**

"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) "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.)

## **UNIVERSITY CLOSING DUE TO WEATHER**

Check <http://www.tamu-commerce.edu/> regarding class cancellations. Also, KETR radio on 88.9 FM 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.**