COUNSELING 410: Introduction to Counseling Theory and Methods
TENTATIVE COURSE SYLLABUS: FALL 2015
T/TR 12:30-1:45 PM; AGIT 238

Instructor: Melissa McCarthy, M.A., LPC, LCDC-Intern, Doctoral Student
Office Location: N/A
Office Hours: By appointment before and after class
Office Phone: 903-886-5637 Counseling Department Number
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COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings:

Corey, G. (2005). Theory and Practice of Counseling and Psychotherapy (9th ed). Pacific Grove, CA: Brooks/Cole Publishing Company.

ACA Code of Ethics: access www.counseling.org; click on "Ethics" at the bottom of the page. Near the middle of the Ethics page, you can access the 2005 ACA Code of Ethics (PDF). Print a copy for class.

Optional: N/A

Course Description: This course provides a general overview of the major counseling theories, an introduction to counseling techniques, the conditions that facilitate an effective counseling relationship, stages in the counseling process, and professional ethics.

Student Learning Objectives:
1. The student will become familiar with various aspects of the counseling relationship.
2. The student will recognize and understand the purpose and need of counseling theory.
3. The student will become familiar with traditional and more recent counseling theories and their application to the counseling process.
4. The student will become familiar with the techniques used and theoretical implications when working with minority and disenfranchised clients.
5. The student will become familiar with the ACA Code of Ethics.

COURSE REQUIREMENTS

Attendance: All students are required to attend class. You are to notify the instructor prior to any **unavoidable absence by email**. Read the TAMU-C attendance policy outlined in the Undergraduate catalog. ***Absences will be reflected in your grade; after three absences your final grade will be dropped one letter grade*.** Students are responsible for all material covered in class, the text, handouts, etc., so regular attendance is necessary. Attendance will be taken at the beginning of each class. **Tardiness is not tolerated – after attendance is taken (10 minutes after class start time) anyone not present will be considered absent.**

Class Participation: Students are expected to take an active part in class discussion and make contributions to class topics.

Complete ALL assignments on Time: Late assignments will only be accepted with the permission of the instructor, and in such cases points will be deducted. In all cases, it is the student's responsibility to contact the instructor to discuss special considerations/modifications of assignments or completion of missed work. Always make sure you have an extra copy of your assignment yourself, in case it gets misplaced in the hand-off process.

Turn ALL cell phones on SILENT: Students who fail to do so may be asked to leave the class. I expect the student to be focused and prepared for class. Cell phones and other technological devices will be allowed in class, however not for purposes other than coursework.

Arrive to class on time and **do not pack up early**. If you know ahead of time you will be late or will need to leave early please notify me by email at least a day in advance. **There will be a 10 minute grace period after class begins. After 10 minutes the door will be closed and NO ONE will be allowed to enter class after this time.**

Examinations and Assignments:

1. Examinations:
There will be three (3) examinations scheduled during the course of the semester covering the material discussed in class and from your assigned readings in the textbook. Each exam accounts of 100 points of your grade.

2. Theory of Change Paper:
Instructions: Double space, 12 pt. type, use correct spelling and grammar, include a cover page, and staple (no plastic covers, binders, etc…). Paper length should be about 3 pages no more than 5. This is an opinion paper however there needs to be demonstration of effort in the work submitted. At least 1-2 references required.

- How people change (i.e., what's necessary for change to take place?).
- What's most important as it relates to being an agent of change (i.e., technique/interventions, or the therapeutic relationship between client and therapist).

3. Theory Paper:
Pick one theory and one problem you had in the past and demonstrate how a counselor can use your selected theory to bring about therapeutic change. At least 2 references are required.

- 5 pages total
- APA 6th Edition guidelines

4. Reading and Participation:
Students are expected to make active and personal efforts to contribute to class. Readings will be assigned each week. Students should demonstrate by their active participation in the discussion that they have read the assignment and have an understanding of the material.

5. Quizzes:
Students will be given a quiz over the assigned reading material at the beginning of each class. No quizzes will be given if, at the discretion of the instructor, all class members are fully participating in the discussion.

6. Extra Credit: Up to 50 points of extra credit will be given if a student would like to present his/her

Theory of Change paper to the class. The decision to present must be addressed with the professor prior to 11/12 to set a presentation date. The presentation must be at least 15 minutes no longer than 30 minutes including class interaction.

Grading:

100 points	Attendance and Participation	
150 points	Examinations (each test is worth 50 points)	
100 points	Theory of Change Paper	
100 points	Theory Paper	
50 points	Extra Credit	<
500 points	Total	

500 Total possible points

400-450 pts	A
350-399 pts	B
300-349 pts	C
250-299 pts	D
249 below	F

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

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).

Texas A&M University-Commerce students 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/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).

Student Conduct

Flexible Schedule COUN 410
Fall 2015

DATE	TOPIC	READING DUE	ASSIGNMENTS DUE
9/1	Syllabus, Introductions, etc..		
9/3	Intro & Overview	Ch.1	
9/8	The Counselor	Ch. 2	
9/10	Ethics - The Case of Stan - Self Inventory	Ch 3. & ACA Code of Ethics	
9/15	Psychoanalytic Lecture	Ch. 4	
9/17	Psychoanalytic Lecture		
9/22	Adlerian Therapy Lecture	Ch. 5	
9/24	Adlerian Therapy Lecture		
9/29	Existential Lecture	Ch. 6.	
10/1	Existential Lecture		**Theory of Change Paper Due**
10/6	Person Centered Lecture	Ch. 7	
10/8	Person Centered Lecture		
10/13	**Exam 1**		**Ch. 1-6**
10/15	Gestalt Lecture	Ch. 8	
10/20	Gestalt Lecture		
10/22	Behavior Therapy Lecture	Ch. 9	
10/27	Behavior Therapy Lecture		
10/29	CBT Therapy Lecture	Ch. 10	
11/3	CBT Therapy Lecture	Ch. 10	
11/5	**NO CLASS - TCA Conference**		
11/10	**Exam 2**		**Ch. 7-10**
11/12	Reality Therapy Lecture	Ch. 11	**EXTRA CREDIT DEADLINE**
11/17	Feminist Therapy Lecture	Ch. 12	
11/19	Feminist Therapy Lecture		
11/24	Family Systems Therapy Lecture	Ch. 14	

11/26	**NO CLASS - THANKSGIVING**		
12/1	Postmodern Approaches Lecture	Ch. 13	
12/3	Postmodern Approaches Lecture		
12/8	Family Systems Therapy Lecture	Ch. 14	
12/10	Family Systems Therapy Lecture		
12/15	**NO CLASS - EXAM WEEK**		
12/17	**FINAL EXAM**		**Ch. 11-14**