

INTRODUCTION TO THE COUNSELING PROFESSION Spring2019

This is a tentative syllabus and due dates will be finalized on the first day of class

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Office Hours: **In McKinney**
Mondays 1:00 to 4:00

In Commerce
Fridays, 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 text messaging.

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 D2L. If you send me an email outside of D2L, 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.

TE_xES 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).

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
Discussions	20
Professional paper and presentation =	20
Total	100

Grading Scale

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

COMMUNICATION AND SUPPORT

Interaction with Instructor

I am available to meet in person or talk on the phone. I do accept text message from students as well. I check my email couple times a day. Please allow 24 hours to get a response back on your emails. If you do not hear from me within 24 hours, please send another email to make sure I have received your email.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette http://www.albion.com/netiquette/corerules.html](http://www.albion.com/netiquette/corerules.html)

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

ADA Statement

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

Email: Rebecca.Tuerk@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-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.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#)

document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Tentative Course Calendar

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

Date	Chapter	Assignment
Week I 01/14	www7.tamu-commerce.edu/counseling	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. Introduction and practice of verbal attending skills
Week II 01/21		Martin Luther King Jr. Day
Week III 01/28	1 2	History of and trends in Counseling Personal and Professional Aspects of Counseling
Week IV 02/04	3	Ethical and Legal Aspects of Counseling
Week V 02/11	4 5	Counseling in a Multicultural and Diverse society Counseling with Diverse Population
Week VI 02/18	6	Building a Counseling relationship
Week VII 02/25	7	Working in a counseling Relationship
Week VIII 03/04	8	Closing Counseling Relationships
Week IX 03/11		Midterm Exam (chapters 1-7)
03/18		Happy Spring Break On the beach ☺
Week X 03/25	13 14	Evaluation, Testing, Assessment, and Diagnosis in Counseling
Week XI 04/01	15 16	Career Counseling over the Life Span Marriage and Family Counseling
Week XII 04/08	17	Professional School Counseling
Week XIII 04/15	18	College Counseling and Student-Life Services
Week XIV	19	Substance Abuse and Disability Counseling

04/22		Professional Paper
Week XV 04/29		Professional Paper Professional Paper Presentation
Week XVI 05/06		Final Exam (chapters 12-19)

CACREP Standards addressed in COUN 501

CMHC Standard	Learning Activity or Assignment	Assessment
A4. Knows the professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling.	Visiting ACA and TCA Websites Visiting Texas Board of Examiners for LPC Websites Reading Chapter 1, 2 and 20 of the text Lectures; Threaded Discussion	Test and Threaded Discussion
C1. Describes the principles of mental health, including prevention, intervention, consultation, education, and advocacy, as well as the operation of programs and networks that promote mental health in a multicultural society	Reading Chapter 4 and 5 of text. Reviewing power point presentation Participating in Threaded Discussion	Test over assigned reading material
E4. Understands effective strategies to support client advocacy and influence public policy and government relations on local state, and national levels to enhance equity, increase funding, and promote programs that affect the practice of clinical mental health counseling	All students are encouraged to join the Texas Counseling Association Students are encouraged to attend the TCA Advocacy days in Austin	Threaded Discussion and Extra points for those who participate in any/all Advocacy days
E6. Knows public policies on the local, state, and national levels that affect the quality and accessibility of mental health services	Threaded Discussion Encourage students to sign up with list servers on professional association	Class participation on threaded discussion in order to earn points
I2. Knows models of program evaluation for clinical mental health programs	Reading assignment over Chapters 12 and 13 of text Threaded Discussion	Test over assigned reading
School Standard	Learning Activity or Assignment	Assessment
A2. Understands ethical and legal considerations specifically related to the practice of school counseling	Reading assignment over ASCA code of ethic Review power point presentation Reading assignment over Chapter 3 of text	Test over assigned reading and Threaded Discussion
A4. Knows professional organizations, preparation standards, and credentials that are relevant to the practice of school	Visiting ASCA website Visiting TSCA website Reading assignment over Chapters 11 and 17 of text	Test over reading Assignment Threaded Discussion

counseling	Threaded Discussion	
B2. Demonstrates the ability to articulate, model, and advocate for an appropriate school counselor identity and program	Encourage students to become part of the professional organization and participate on advocacy days	Threaded Discussion
M4. Understands systems theories, models, and processes of consultation in school system settings	Reading Assignment over Chapter 16 of the text	Test over Reading Assignment
M5. Knows strategies and methods for working with parents, guardians, families, and communities to empower them to act on behalf of their children	Reading Assignment over chapter 12 of text Threaded discussion	Test over assigned reading
Core Standard	Addressed in Course	
2.G.1.a. history and Philosophy of the counseling profession	Reading chapters 1 and 2 of the text Review power point presentation	Test over reading assignment
2.G.1.b. professional roles, functions, and relationships with other human service providers, including strategies for interagency/interorganization collaboration and communications	Threaded Discussion Reading Assignment over Chapter 20 of the text	Threaded Discussion Test over Assigned reading
2.G.1.c. counselors' roles and responsibilities as members of an interdisciplinary emergency management response team during a local, regional, or national crisis, disaster or other trauma-causing event	Threaded Discussion Reading Assignment over Chapter 2 of the text	Threaded Discussion Test over Assigned reading
2.G.1.f. Professional organizations, including membership benefits, activities, services to members, and current issues	Encourage student membership at ACA and TCA	Threaded Discussion
2.G.1.g. Professional credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues	Reading Assignment over chapter 1 and 2 of the text Review power point presentation	Threaded Discussion Test over Assigned reading
2.G.1.h. The role and process of the professional counselor advocating on behalf of the profession	All students are encouraged to join the Texas Counseling Association Students are encouraged to attend the TCA Advocacy days in Austin	Threaded Discussion and Extra points for those who participate in any/all Advocacy days
2.G.1.i. Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients	All students are encouraged to join the Texas Counseling Association Students are encouraged to attend the TCA Advocacy days in Austin	Threaded Discussion and Extra points for those who participate in any/all Advocacy days

<p>2.G.1.j. Ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling</p>	<p>Reading Assignment over Chapter 3 of the text Reviewing power point presentation</p>	<p>Test over Assigned reading</p>
<p>2.G.5.b. Counselor characteristics and behaviors that influence helping processes</p>	<p>Reading chapters 1 and 2 of the text Review power point presentation</p>	<p>Test over Assigned reading</p>
<p>2.G.5.f. A general framework for understanding and practicing consultation</p>	<p>Reading chapter 12 of the text</p>	<p>Test over Assigned reading</p>