

PSY 234
Theoretical Concepts and Techniques of Counseling
Spring, 2008
3 Credit Hours

Instructor: Jean Kilnoski, M.Ed. MAC, PLMHP
466-4774 ext. 321
jean.kilnoski@doane.edu

READ CHAPTERS ONE AND TWO BEFORE FIRST CLASS MEETING

Purpose

It is imperative for mental health counselors and substance abuse professionals to have expert knowledge and skills to use in their practice of counseling. This course will cover the fundamental theories, techniques and principals of counseling. Students must learn to meet clients where they are in the therapeutic process by using empathetic understanding. This course will feature basic theoretical approaches and the techniques that accompany them in practice. Practices that affect client progress and the eventual successful outcome in the therapy process should be integrated in the theoretical philosophy of the counselor. Therapists must be comfortable with their personal beliefs and understand the processes of change, as well as be familiar with a variety of counseling techniques based on empirical theories. The theories studied include: Gestalt, Rational Emotive Behavior Therapy, Cognitive Behavioral, Reality Therapy, Transactional Analysis and Client Centered Therapy.

Course Description

This course is designed primarily for individuals who plan to use listening and attending skills in helping professions, such as mental health counseling, human services, criminal justice, teaching and health fields. This course is introductory in nature and includes consideration of theoretical approaches and in-class practice.

Contact Hours

This course will be held during the regular semester meeting schedule.

Course Objectives

1. Describe and demonstrate therapeutic skills specific to counseling theories.
2. Complete workbook assignments related to theories and techniques.
3. Compare and contrast specific theoretical approaches to working with clients.
4. Examine the concepts of rapport, active listening, empathic understanding, attending, probing, self disclosing, reflective feedback, paraphrasing, summarizing and confrontive approaches.
5. Explore the elements of Transference and Counter-Transference.
6. Examine strengths and weaknesses of theoretical approaches and make a personal determination about how theoretical methods fit.
7. Review ethical perspectives and how they relate to theoretical approaches.
8. Participate in group discussions related to clinical practice.
9. Prepare a presentation on a specific theory to enhance personal and community learning.

Course Materials

You must purchase the Corey Packet including Workbook, Textbook, Video, Video Workbook, and Study Guide. Used workbooks will not be allowed in class. All workbooks must be new.

Course Requirements

Students are required to attend course meetings, complete all course readings, pass 3 examinations, develop a presentation regarding a selected counseling theory including an informative handout, and treatment protocol to present to course participants. Students will take part in case study discussion/treatment exercise.

Evaluation

Students will be evaluated on course attendance and participation in course activities; developed course presentation materials and handouts, course exams, and assigned workbook activities.

Course Format

This will be an interactive course that includes an elevated level of classroom participation, lecture, discussion, guest speakers, videos, case studies, and student presentations.

Attendance

Because of the intensive nature of Doane-Lincoln classes, attendance is critical. It is necessary to discuss attendance issues with the instructor. The instructor and the student will negotiate any make up work necessary for a missed class session. *You will be graded on attendance and participation.*

Course Assignments

Students are required to complete course assignments including readings from the text, discussion exercises, and workbook assignments.

Grading

100-98	A+	79-78	C+
97-93	A	77-73	C
92-90	A-	72-70	C-
89-88	B+	69-68	D+
87-83	B	67-63	D
82-80	B-	62-60	D-

The Doane College Academic Integrity Policy is adhered to in this class. All projects will represent your own work. Any use of others' ideas and words without proper citation of sources is plagiarism and will result in penalties determined by the instructor and/or the dean of undergraduate studies.