PSY 234
Introduction to Counseling Techniques and Theories
Doane College-Grand Island
Syllabus

Instructor:  Susan Milner, PLMHP  
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Credits:  3 hrs.

Description of course:  
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. It will include the study of theoretical counseling practices, techniques of counseling, ethical considerations, and include cultural sensitivity.

Required Text:  

There will be a variety of handouts and articles available throughout the class sessions.

Course Format:  
This will be an interactive course that includes an elevated level of classroom participation, lecture, discussion, videos, case studies, and student presentations. A variety of learning activities will be utilized during this course to provide students with the knowledge to acquire basic skills in the counseling area.

Course Objectives:  
Upon completion of this course, students will  
1. Describe and demonstrate therapeutic skills specific to counseling theories.  
2. Compare and contrast specific theoretical approaches to working with clients.  
3. Develop self-awareness with personal biases, attitudes, and values as they pertain to counseling theory.  
4. Examine strengths and weaknesses of theoretical approaches and make a personal determination about how theoretical methods fit.  
5. Review ethical perspectives and how they relate to theoretical approaches.

Attendance Policy:  
This class is intensive in nature, therefore attendance is critical. The instructor and the student will negotiate any make up work necessary for a missed class session. Unexcused absences that exceed two sessions with result in an “F” or “I” grade, with the proper paperwork and approval of the instructor is absences can’t be avoided. Excused absences will require makeup work at the instructor’s discretion.

Teaching Methods:  
Lecture, discussion groups, handouts, assigned readings, exams, individual presentations, videos and other methods will be used.
**Assignments:**
* Students are expected to complete readings and/or worksheets prior to each class session.
* Participate in application of counseling techniques in class.
* Develop a presentation regarding a selected counseling theory
* Complete a final exam over Counseling Theorabies

**Course Requirements**
Students are required to attend all classes, complete the course readings, and complete the assignments. Students will also take part in case study discussion/treatment exercises.

**Class Dates**
August 18
August 25
September 1
September 8
September 15
September 22
September 29
October 6

**Grading:**
Grades will be calculated based upon the percent of points earned out of the total possible points.

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<th>Grade</th>
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<tr>
<td>A</td>
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<td>B</td>
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<td>C</td>
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<td>D</td>
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Attendance: 80 points
Class participation: 20 points
Theory paper/handout/presentation: 100 points
**Total points: 200 points**

Grades will be calculated based upon the percent of points earned out of the total possible points.

*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.*