

**CSD 5530 Pre-Practicum
Spring**

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OFFICE HOURS: To be announced

UNIT THEME: Educator as creator of effective educational environments: Integrating students, subjects, strategies and societies.

CATALOG DESCRIPTION: A course in theory and practices of counseling with emphasis upon the duties of the professional counselor.

PREREQUISITE: Admission to graduate school. Warning: If you are not currently fully admitted to both the Graduate School and the Department of Counseling and Student Development, I strongly urge you to complete those requirements as soon as possible. Failure to do so could seriously affect your ability to take practicum and to progress in the program.

TEXT:

Ivey, A. E., D'Andrea, M. Ivey, M. B., & Simek-Morgan, L. (2002). Theories of Counseling and Psychotherapy: A Multicultural Perspective (5th ed.). Boston: Allyn & Bacon

WWW SITES: American Counseling Association Membership - www.counseling.org/join_aca

Psychwatch - <http://www.psychwatch.com>

ACA Journals - www.counseling.org/journals

COURSE OBJECTIVES:

This course is intended to provide experiences which will acquaint the student with at least four major counseling theories. Experiences which encourage self-exploration as a person and as a counselor will be provided. It is expected that participants will be able to make competent decisions concerning counseling approaches which are compatible with their talents, values, and interests. Theories for special emphasis include:

Rogerian

Gender Aware Therapy

Multi-Cultural

Reality Therapy

Gestalt

Cognitive-Behavioral

Existentialism

Psychodynamic

OBJECTIVES:

1. Understand and apply knowledge of interviewing, assessment, and counseling skills.
2. Apply knowledge of legal and ethical issues related to assessment and client records.

3. To become acquainted with professional counseling organizations and the professional credentialing process for school and community counselors.
4. To gain an awareness of sociocultural, demographic, and lifestyle diversity relevant to school and community counseling.

COURSE OUTLINE: Please read assigned chapters before class. You may be asked to verbally report about your reading experience.

SESSION	TOPIC	READINGS
Week 1	Syllabus & Introductions The counseling process Ethics and Confidentiality www.counseling.org	Ivey CH 1
Week 2	Martin Luther King, Jr. Day (No Class) Read Ahead	
Week 3	Introduction to Humanistic Counseling Active Listening & Empathy www.stressdoctor.com/carlrog.htm	Ivey CH 2
Week 4	Basic Relationship Skills, Assessment, Decisional Counseling, Open End Leads www.portents.ne.mediaone.net/~matt/whatscct.html	Ivey CH 3
Week 5	Neuro-Linguistic Programming	Ivey CH 12 & 13
Week 6	Meta-Model Challenges	Hand outs
Week 7	Existential-Humanistic Therapy (The 3rd Force)	Ivey CH 8 & 9
Week 8	Existential-Humanistic (Cont.)	
Week 9	Behavioral Therapy (The 2nd Force) www.aabt.org/general /public	Ivey CH 6 & 7
Week 10	Spring Break (No Class)	
Week 11	Counseling Children	
Week 12	Cognitive Therapy (The 2nd Force) Social Modeling, Assertiveness	Handouts
Week 13	Cognitive Therapy R.E.T.	

www.beckinstitute.org

Week 14	Relaxation Training	Ivey Ch 10 & 11
Week 15	Psychodynamic Therapy Integrated Therapy	Ivey CH 4 & 5 Ivey CH 14
Week 16	Learning Assessment	In Class

Other readings, handouts, and activities will be assigned as we move through this experience.

PRIMARY LEARNING MODEL:

Instruction will be varied and will include lectures, demonstrations, films, class discussions, small group work, role-playing, and taping practice counseling sessions.

EVALUATION & COURSE REQUIREMENTS:

Philosophy of Counseling: (10 Points)

Write an account of your current view of counseling. Use page 438 in Ivey & Ivey as a guide. Other points to include in your paper: What influences in your life make it important for you to become a counselor? (4 to 5 pages in length)

Experience as a Client: (15 Points)

You will be expected to attend three counseling sessions to discuss an interpersonal issue in your life (not a career choice or concern about study habits). You may choose a mental health counselor, a practicum student under supervision in the CSD program, or a private therapist of your choice. If you choose to use the EIU Counseling Center for this assignment, please let me know. Our department is limited in the number of students we can refer each semester. If you elect to attend sessions with a practicum student, I will assist you with names and times available for sessions. Practicum student sessions will be supervised by a CSD department instructor.

I recommend that you call very soon to schedule an appointment. (Sometimes there is a waiting list, so if you procrastinate, your paper will be late and your grade will suffer)

Submit a 3- 5 page typed account of your experience including: 1) What occurred, and 2) What you learned and 3) How you felt about it? Your learning should be focused on what you learned about being a client and what you learned from observing the counselor.

Tape Five Interviews with Clients (Interpersonal Process Recall - IPR) (50 Points - 10 Points each) Please see page 1 of your course handouts for Interpersonal Process Recall Format.

Produce a total of five video taped interviews of at least 30 minutes duration (preferably longer).

The interviews will be with classmates from this class who will serve as clients. You must video-tape all of the sessions.

Three people are required to be present for the IPR events: the counselor (you), the client, and an observer/supervisor (a classmate or staff member). All IPR's will take place in Buzzard lab rooms. The counselor and client are in one room and the observer is watching from behind the two-way mirror. You might encourage your client to think of an interpersonal issue rather than a school or career problem. I strongly advise you to allow at least two hours for each session. When all parties are ready the session begins.

The IPR reporting form consists of 3 pages. The counselor fills out the first page, the client the second page, and the observer the third page. Then **staple** all 3 together in that order and submit them together. **Please do not turn in an incomplete IPR.**

MASTERY OF SKILLS AND ATTENDANCE: (100 Points) A significant portion of each class meeting will be devoted to laboratory practice of the skills we are learning through the class readings and lectures. Full participation in these activities is important for preparing yourself to use the skills with real clients. Therefore, attendance and participation are mandatory for successful course completion. One excused absence is allowed. Two or more absences will result in a grade reduction. **If you have an excused absence you should submit an extra IPR demonstrating your practice of skills covered during that class.**

In class you will practice the skills in groups of 3 or 4. I will be observing and offering suggestions. At Midterm and toward the end of the semester I should have a sense of your personal skill development and should be able to rate you on your application of skills. A handout of skills evaluated will be provided. (Midterm = 50 points, Final = 50 points)

ASSESSING YOUR LEARNING EXPERIENCE: (25 Points)

The learning assessment will occur on the last day of class. It will consist of essay questions asking you to apply the knowledge covered in the course.

PROFESSIONAL ATTITUDE AND AN ENDORSABLE PERSONALITY STRUCTURE:

There are no points assigned to these two issues, but if either of them becomes significantly evident, your grade may be lowered by at least one letter grade. It is possible for you to hurt yourself in these areas by being consistently negative, critical, cynical, arrogant or otherwise resistant. Please do not come to class under the influence of any mind altering drug.

ASSESSMENT:

<u>Assignment</u>	<u>Points</u>	<u>Due Date</u>
IPR I	10	Week 8

Philosophy of Counseling	10	Week 9
IPR II	10	Week 10
Experience as a client	15	Week 11
IPR III	10	Week 12
IPR IV	10	Week 13
IPR V	10	Week 15
Learning Assessment	25	Week 16
Mastery of Skills (50 Points Midterm, 50 Points Final)	<u>100</u>	In Class
Total Points	200	

**Late assignments will receive one grade reduction per week.
All assignments must be complete for a grade of "A" or "B".**

End of Semester Total Point Value

A = 180 - 200

C = 140 - 159

B = 160 - 179

D = 120 - 139

No cell phones, beepers or other contact with the outside world is permitted during class time or during IPR's. Please make arrangements ahead of time so that this does not become a problem. You may make phone calls over our 15 minute break period.

DISABILITIES

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (581-6583) as soon as possible.