

Eastern Illinois University  
**REVISED COURSE PROPOSAL CSD 5530**  
**Pre-Practicum**

Please check one: ☐ New course ☒ Revised course

**PART I: CATALOG DESCRIPTION**

1. Course prefix and number, such as ART 1000: CSD 5530
2. Title (may not exceed 30 characters, including spaces): Pre-Practicum
3. Long title, if any (may not exceed 100 characters, including spaces): Pre-Practicum
4. Class hours per week, lab hours per week, and credit [e.g., (3-0-3)]: 3-1-4
- 5.

6. Term(s) to be offered: ☒ Fall ☐ Spring ☐ Summer ☐ On demand

7. Initial term of offering: ☒ Fall ☐ Spring ☐ Summer Year: 2013

**8. Course description:**

A course in the application of theories with emphasis upon developing knowledge and skills expected of the professional counselor. Lab includes Interpersonal Process Recall (Triadic counseling practice).

**8. Registration restrictions:**

**a. Equivalent courses**

- Identify any equivalent courses (e.g., cross-listed course, non-honors version of an honors course). None
- Indicate whether coding should be added to Banner to restrict students from registering for the equivalent course(s) of this course. \_\_\_ Yes X No

**b. Prerequisite(s):**

- Identify the prerequisite(s), including required test scores, courses, grades in courses, and technical skills. Indicate whether any prerequisite course(s) MAY be taken concurrently with the proposed/revised course. None
- Indicate whether coding should be added to Banner to prevent students from registering for this course if they haven't successfully completed the prerequisite course(s). \_\_\_ Yes X No

If yes, identify the minimum grade requirement and any equivalent courses for each prerequisite course:

**c. Who can waive the prerequisite(s)?**

☐ No one    ☐ Chair    ☐ Instructor    ☐ Advisor    ☐ Other (Please specify)

**d. Co-requisites** (course(s) which MUST be taken concurrently with this one): **None**

**e. Repeat status:** ☒ Course may not be repeated.

☐ Course may be repeated once with credit.

Please also specify the limit (if any) on hours which may be applied to a major or minor.

**f. Degree, college, major(s), level, or class** to which registration in the course is restricted, if any:  
Courses numbered 5540 and above are open only to students who have been admitted to the Department of Counseling and Student Development or who have permission of the Department Chair.

**g. Degree, college, major(s), level, or class** to be excluded from the course, if any:  
**Undergraduates**

**9. Special course attributes** [cultural diversity, general education (indicate component), honors, remedial, writing centered or writing intensive]: **None**

**10. Grading methods** (check all that apply): ☒ **Standard letter**    ☐ C/NC    ☐ Audit    ☐ ABC/NC  
("Standard letter" —i.e., ABCDF—is assumed to be the default grading method unless the course description indicates otherwise.)

**Please check any special grading provision that applies to this course:**

☐ The grade for this course will not count in a student's grade point average.

☐ The credit for this course will not count in hours towards graduation.

**If the student already has credit for or is registered in an equivalent or mutually exclusive course, check any that apply:**

☐ The grade for this course will be removed from the student's grade point average if he/she already has credit for or is registered in \_\_\_\_\_ (insert course prefix and number).

☐ Credit hours for this course will be removed from a student's hours towards graduation if he/she already has credit for or is registered in \_\_\_\_\_ (insert course prefix and number).

**11. Instructional delivery method:**

Instructional delivery method:

(Check all that apply.)

- ☐ lecture    ☐ lab    ☒ lecture/lab combined    ☐ independent study/research  
☐ internship    ☐ performance    ☐ practicum or clinical    ☐ study abroad  
☐ Internet    ☐ hybrid    ☐ other (Please specify)

**PART II: ASSURANCE OF STUDENT LEARNING**

**1. List the student learning objectives of this course:**

- a. If this is a general education course, indicate which objectives are designed to help students achieve one or more of the following goals of general education and university-wide assessment:**
- EIU graduates will write and speak effectively.
  - EIU graduates will think critically.
  - EIU graduates will function as responsible citizens.

Through readings, lecture, assignments and active class participation, students will

- a. examine and demonstrate an orientation to wellness and prevention as desired counseling goals
- b. examine and demonstrate counselor characteristics and behaviors that influence the helping processes
- c. examine and demonstrate essential interviewing and counseling skills
- d. examine and demonstrate counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling
- e. examine and discuss consultation and its application
- f. demonstrate an understanding of developmental needs, diversity issues, and characteristics of client concerns

- b. If this is a graduate-level course, indicate which objectives are designed to help students achieve established goals for learning at the graduate level:**

Learning Goals	Objectives
• Depth of content knowledge	d
• Effective critical thinking and problem solving	a - f
• Effective oral and written communication	a - f
• Advanced scholarship through research or creative activity	

**2. Identify the assignments/activities the instructor will use to determine how well students attained the learning objectives:**

a. Students will examine and demonstrate an orientation to wellness and prevention as desired counseling goals	<b>Philosophy of Counseling; Experience as a Client; Interpersonal Process Recall; Skill Mastery</b>
b. Students will examine and demonstrate counselor characteristics and behaviors that influence the helping process.	<b>Philosophy of Counseling; Experience as a Client; Interpersonal Process Recall; Skill Mastery</b>
c. Students will examine and demonstrate essential interviewing and counseling skills	<b>Experience as a Client; Interpersonal Process Recall; Skill Mastery</b>
d. Students will examine and demonstrate counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling.	<b>Interpersonal Process Recall; Learning Assessment; Skill Mastery</b>
e. Students will discuss consultation and its application	<b>Interpersonal Process Recall; Skill Mastery</b>
f. Students will demonstrate an understanding of developmental needs, diversity issues, and characteristics of client concerns	<b>Experience as a Client; Interpersonal Process Recall; Skill Mastery</b>

- **Skill Mastery:** Attendance in class meetings is crucial for student development as a counselor as well as for the grading process. Students will be assigned points based on how they perform in the labs and with classmates during class time.
- **Learning Assessment:** There will be a final assessment over theory.
- **Experience as a Client:** Students will attend three counseling sessions to discuss an interpersonal issue in their life (not a career issue). After concluding their counseling experience, students will submit a 3-5 page experiential paper.
- **Philosophy of Counseling:** Students will write a 3 to 5 page paper describing their theory of counseling.
- **Five Interpersonal Process Recall (5 IPR's):** Students will record five sessions of at least 30 minutes using classmates as "clients." Three people must be present at each IPR event: the counselor (student), the client, and an observer (classmate or GA).

**3. Explain how the instructor will determine students' grades for the course:**

Grades will be based on the following criteria:

IPR I	5%
Philosophy of Counseling	5%
IPR II	5%
IPR III	5%
Experience as a Client	5%
IPR IV	5%
IPR V	5%
Learning Assessment	15%
Mastery of Skills	50%
Total	100%

**4. For technology-delivered and other nontraditional-delivered courses/sections, address the following: N/A**

- a. Describe how the format/technology will be used to support and assess students' achievement of the specified learning objectives:
- b. Describe how the integrity of student work will be assured:
- c. Describe provisions for and requirements of instructor-student and student-student interaction, including the kinds of technologies that will be used to support the interaction (e.g., e-mail, web-based discussions, computer conferences, etc.):

**5. For courses numbered 4750-4999, specify additional or more stringent requirements for students enrolling for graduate credit. These include: N/A**

- a. course objectives;
- b. projects that require application and analysis of the course content; and
- c. separate methods of evaluation for undergraduate and graduate students.

**6. If applicable, indicate whether this course is writing-active, writing-intensive, or writing-centered, and describe how the course satisfies the criteria for the type of writing course identified. N/A**

### **PART III: OUTLINE OF THE COURSE**

Provide a week-by-week outline of the course's content. Specify units of time (e.g., for a 3-0-3 course, 45 fifty-minute class periods over 15 weeks) for each major topic in the outline. Provide clear and sufficient details about content and procedures so that possible questions of overlap with other courses can be addressed. For technology-delivered or other nontraditional-delivered courses/sections, explain how the course content "units" are sufficiently equivalent to the traditional on-campus semester hour units of time described above.

Outline of the Course: 15 weeks of 150 minutes in class meetings.

Week	Lecture Topic
1	The Counseling Process: Ethics and Confidentiality
2	Introduction of Humanistic Counseling/ Active Listening and Empathy
3	Basic Relationship Skills, Assessment/ Decisional Counseling
4	Neuro-Linguistic Programming
5	Meta-Model Challenges and Specifiers
6	Behavioral Therapy
7	Counseling Children
8	Cognitive Therapy/ Assertiveness
9	Cognitive Therapy R.E.B.T.
10	Relaxation Training and Intakes
11	Existential-Humanistic Therapy- Victor Frankel
12	Existential-Humanistic Therapy- Pearls
13	Psychodynamic Therapy
14	Interpretation of Theoretical Models
15	In Class Review
16	Finals

**Lab: 15 weeks of 50 minutes meeting outside of class**

During the time allocated for lab, students will meet in triads to practice essential interviewing and counseling skills. One student will be the counselor, one the client and one the observer. Each student will be expected to produce 5 recorded IPR sessions demonstrating counseling skills.

Week	Lab Activity
1	Interpersonal Process Recall (Triadic counseling practice)
2	IPR
3	IPR
4	IPR
5	IPR
6	IPR
7	IPR
8	IPR
9	IPR
10	IPR
11	IPR
12	IPR
13	IPR
14	IPR
15	IPR

## **PART IV: PURPOSE AND NEED**

### **1. Explain the department's rationale for developing and proposing the course.**

This is a required course for the M.S. in Counseling. It is also a competency required for continued accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

- a. If this is a general education course, you also must indicate the segment of the general education program into which it will be placed, and describe how the course meets the requirements of that segment. N/A
- b. If the course or some sections of the course may be technology delivered, explain why. N/A

### **2. Justify the level of the course and any course prerequisites, co-requisites, or registration restrictions.**

This is a required course for the M.S. in Counseling. It is also a competency required for continued accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Pre-requisites ensure proper preparation for higher level counseling practice in the field.

### **3. If the course is similar to an existing course or courses, justify its development and offering.**

- a. If the contents substantially duplicate those of an existing course, the new proposal should be discussed with the appropriate chairpersons, deans, or curriculum committees and their responses noted in the proposal. None at graduate level.
- b. Cite course(s) to be deleted if the new course is approved. If no deletions are planned, note the exceptional need to be met or the curricular gap to be filled. Revised course only.

### **4. Impact on Program(s):**

- a. For undergraduate programs, specify whether this course will be required for a major or minor or used as an approved elective.
- b. For graduate programs, specify whether this course will be a core requirement for all candidates in a degree or certificate program or an approved elective.

Required for graduate students admitted to M.S. in Counseling in the Department of Counseling and Student Development.

If the proposed course changes a major, minor, or certificate program in or outside of the department, you must submit a separate proposal requesting that change along with the course proposal. Provide a copy of the existing program in the current catalog with the requested changes noted. N/A

## **PART V: IMPLEMENTATION**

### **1. Faculty member(s) to whom the course may be assigned:**

Qualified Graduate Faculty in the Department of Counseling and Student Development.

### **2. Additional costs to students:**

No additional costs to students.

### **3. Text and supplementary materials to be used (Include publication dates):**

Ivey, A. E., D' Andrea, M., Ivey, M. B. & Simek-Morgan, L. (2007). *Theories of counseling and psychotherapy: A multicultural perspective* (6<sup>th</sup> ed.). Boston: Allyn & Bacon

Ivey, A. E. & Ivey, M. B. (2007). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (6<sup>th</sup> ed.) Pacific Grove, CA: Brooks/Cole-Thompson Learning.

## **PART VI: COMMUNITY COLLEGE TRANSFER**

If the proposed course is a 1000- or 2000-level course, state either, "A community college course may be judged equivalent to this course" OR "A community college course will not be judged equivalent to this course." A community college course will not be judged equivalent to a 3000- or 4000-level course but may be accepted as a substitute; however, upper-division credit will not be awarded.

## **PART VII: APPROVALS**

Date approved by the department or school: 1/18/2012

Date approved by the college curriculum committee: 4/2/2012

Date approved by the Honors Council (*if this is an honors course*):

Date approved by CAA: CGS:



**Student  
Success  
Center**

<http://www.eiu.edu/~success/>

**581-6696**



<http://www.eiu.edu/~counsctr/>

**581-3413**

**Career  
Services**

<http://www.eiu.edu/~careers/>

**581-2412**

**Disability  
Services**

<http://www.eiu.edu/~disabity/>

**581-6583**