

COURSE SYLLABUS

SOUTHEAST MISSOURI STATE UNIVERSITY

Department of Educational Administration and Counseling

Course No: GC-653

Title of Course: Theories of Counseling



THE COUNSELOR AS PROFESSIONAL EDUCATOR

I. Catalog description and Credit Hours of Course:

Theories and techniques of counseling utilized in diverse settings including elementary, secondary, post-secondary schools and agencies, with an emphasis on practical strategies for developing and delivering services through organized counseling programs. This exploration of a variety of counseling theories provides a foundation for practice for professional counselor. (3)

II. Prerequisite:

CP-610 Orientation to Personal and Professional Development in Counseling or permission of instructor.

III. Purposes or Objectives of the Course:

- A. The student will develop an awareness of how one's personal characteristics and competencies influence the development of a personal theoretical approach to counseling.
- B. The student will be able to identify the key concepts, contributions, and limitations of specific counseling theories.
- C. The student will be able to delineate the various roles of school and/or agency personnel in the counseling process.
- D. The student will understand legal and ethical issues and concerns confronting practicing counselors.
- E. The student will be aware of the diversity issues affecting the practice of counseling.

IV. Expectations of the Student:

- A. The student will be expected to complete required readings and assignments. Readings will consist of the adopted text and various library resources.
- B. The student will be expected to participate in classroom discussion and activities.
- C. The student will be expected to present a case study from the perspective of one of the theories studied
- D. The student will be expected to write a personal theoretical approach to counseling paper and to take the required examinations.
- E. The student will be expected to take the required examinations..

V. Course Content or Outline:

Class Hours

- A. Counseling: Content and process 9
 - 1. Client from diverse populations
 - 2. Individual and family systems approaches
 - 3. Core elements
 - 4. Trends in the counseling profession
- B. The Counselor 6
 - 1. Characteristics of effective counselors
 - 2. The role of personal values
 - 3. Managing stress
 - 4. Roles of counselor in various settings
- C. Legal and Ethical Issues 6
 - 1. Confidentiality
 - 2. Crisis intervention
 - 3. Issues surrounding clients in various counseling modalities
 - 4. Issues surrounding a multicultural perspective
- D. Counseling Approaches 24
 - 1. Psychoanalytic
 - 2.. Adlerian
 - 3. Existential
 - 4. Person-centered
 - 5. Gestalt
 - 6. Reality
 - 7. Behavior
 - 8. Cognitive-Behavior
 - 9. Family Systems
 - 10. Others

VI. Textbook(s):

Corey, G. (2001). Theory and practice of counseling and psychotherapy. (6th ed.). Belmont, CA: Brooks/Cole.

Corey, G. (2001). Student manual for theory and practice of counseling and psychotherapy. (6th ed.). Belmont, CA: Brooks/Cole.

Recommended reading:

Students are encouraged to read the following journals on regular basis:

1. *Journal of Counseling & Development*
2. *Professional School Counselor*
3. *Journal of Multicultural Counseling and Development*
4. *Journal of Mental Health Counseling*
5. *The Counseling Interviewer* (published by Missouri School Counselor Association)

VII. Basis for Student Evaluation:

Grades will be based on written examinations, case study presentation, a personal philosophy and counseling paper, and participation in class discussion and activities.

VIII. Reasonable Accommodation for Students with Disabilities:

If you have a diagnosed disability or believe that you have a disability that might require “reasonable accommodation” on the part of the instructor, please contact the Campus Assistance Center, University Center, Room 302, Telephone: 651-2273 or TDD 651-5927. As a part of the American Disabilities Act, it is the responsibility of the student to disclose a disability prior to requesting reasonable accommodation.

IX. Knowledge Base References:

Bankart, C. P. (1997). Talking cures: A history of western and eastern psychotherapies. Pacific Groves, CA: Brooks/Cole.

Barrett-Lennard, G. (1999). Carl Rogers’ helping system. Journey and substance. Thousand Oaks, CA: SAGE Publications.

Basham, A., Appleton, V., & Dykeman, C. (2000). Team building in education. Denver, CO: Love Publications.

- Brammer, L. M., & MacDonald, G. (1999). The helping relationship. Process and skills. (7th ed.). Needham Heights, MA: Allyn and Bacon.
- Carlson, J., & Lewis, J. (1999). Counseling the adolescent: Individual, family and school intervention. (3rd ed.). Denver, CO: Love Publications.
- Capuzzi, D., & Gross, D. R. (1999). Counseling & Psychotherapy. Theories and interventions. (2nd ed.). Upper Saddle River, NJ: Merrill
- Corey, G. (2001). The art of integrative counseling. Belmont, CA: Brooks/Cole.
- Corey, G. (2001). Case approach to counseling and psychotherapy. (5th ed.). Belmont, CA: Brooks/Cole.
- Cormier, S., & Hackney, H. (1999). Counseling strategies and interventions. (5th ed.). Needham Heights, MA: Allyn and Bacon.
- DeVaney, S. (Summer, 2000). The benefits of counselor receiving counseling. Chi Sigma Iota Exemplar, 15, 1&11.
- Faiver, C. M., O'Brien, E. M., & Ingersoll, R. E. (2000). Religion, guilt, and mental health. Journal of Counseling & Development, 78, 155-161.
- Fernald, P. S. (2000). Carl Rogers: Body-centered counselor. Journal of Counseling & Development, 78, 172-179.
- Gilbert, L. A., & Scher, M. (1999). Gender and sex in counseling and psychotherapy. Needham Heights, MA: Allyn and Bacon
- Gilliland, B. E., & James, R. K. (1998). Theories and strategies in counseling & Psychotherapy. (4th ed.). Boston, MA: Allyn and Bacon.
- Goldin, E., & Bordan, T. (1999). The use of humor in counseling: The laughing cure. Journal of Counseling & Development, 77, 405-410.
- Gysbers, N. C., & Henson, P. (1997). Comprehensive guidance programs that works II. Alexandria, VA: American Counseling Association.
- Hackney, H. (2000). Practice issues for the beginning counselor. Needham Heights, MA: Allyn and Bacon.
- Hanna, F. J., Hanna, C. A., & Keys, S. G. (1999). Fifty strategies for counseling defiant, aggressive adolescents: Reaching, accepting, and relating. Journal of Counseling & Development, 77, 395-404.

- Hansen, J. T. (2000). Psychoanalysis and humanism: A review and critical examination of integrationist efforts with some proposed resolutions. Journal of Counseling & Development, 78, 21-28.
- Helms, J. E., & Cook, D. A. (1999). Using race and culture in counseling and psychotherapy: Theory and process. Needham Heights, MA: Allyn and Bacon.
- Hendersen, P., & Gysbers, N. C. (1998). Leading & managing your school guidance program staff: A manual for school administrators and directors of guidance. Alexandria, VA: American Counseling Association.
- Johnson, S. L. (1997). Therapist's guide to clinical intervention. The 1-2-3s of treatment planning. New York: Academic Press.
- Klicker, R. L. (1999). A student dies, a school mourns. Philadelphia, PA: Accelerated development.
- Lambie, R. (2000). Family systems within educational contexts: Understanding at-risk and special needs students. Denver, CO: Love Publications.
- MohdZain, A. Z. (2001). Feminist family therapy and the male perspective. In K. M. May (Ed.), Feminist family therapy (pp. 53-66). Alexandria, VA: American Counseling Association.
- MohdZain, A. Z. (1999). Grief counseling for students. The Counseling Interviewer, 31(3), 12-14.
- Morgan, B., & MacMillan, P. (1999). Helping client move toward constructive change: A three-phase integrated counseling model. Journal of Counseling & Development, 77, 153-159.
- Patterson, C. H., & Watkins, C. E. (1996). Theories of psychotherapy (5th ed.). NY: Harper/Collins.
- Pipes, R. B., Davenport, D. S. (1999). Introduction to psychotherapy: Common clinical wisdom. (2nd ed.). Needham Heights, MA: Allyn and Bacon.
- Schmidt, J. J. (1999). Counseling in schools: Essential services and comprehensive programs. (3rd ed.). Needham Heights, MA: Allyn and Bacon.
- Smith, S., Mullis, F., Kern, R. M., & Brack, G. (1999). An Adlerian model for the etiology of aggression in adjudicated adolescents. The Family Journal: Counseling and Therapy for Couples and Families, 7, 135-147.

- Spiegler, M. D., & Guevremont, D. C. (1998). Contemporary behavioral therapy. (3rd ed.). Belmont, CA: Brooks/Cole.
- St. Clair, M. (2000). Object relations and self psychology An introduction.. (3rd ed.). Belmont, CA: Brooks/Cole.
- Teyber, E. (2000). Interpersonal process in psychotherapy. (4th ed.). Belmont, CA: Brooks/Cole.
- Thompson, R. (2000). School counseling. Best practices for working in the school. (2nd ed.). Philadelphia, PA: Accelerated Development.
- Vernon, A. (1999). Counseling children and adolescents. (2nd ed.). Denver, CO: Love Publications.
- Walborn, F. S. (1996). Process variables. Four common elements of counseling and psychotherapy. Pacific Grove, CA: Brooks/Cole.
- Wastell, C. A. (1996). Feminist developmental theory: Implications for counseling. Journal of Counseling & Development, 74, 575-581.
- Wickman, S. A., Daniels, M. H., White, L. J., & Fesmire, S. A. (1999). A “primer” in conceptual metaphor for counselors. Journal of Counseling & Development, 77, 389-394.
- West, P. L., & MohdZain, A. Z. (2000). Marriage counseling and TFA model: An application. The Family Journal. Counseling and Therapy for Couples and Families, 8, 293-299.
- Zinnbauer, B. J., & Pargament, K. I. (2000). Working with the sacred: Four approaches to religious and spiritual issues in counseling. Journal of Counseling & Development, 78, 162-171.

DEPARTMENTAL APPROVAL DATE 10/5/00

COLLEGE COUNCIL APPROVAL DATE 10/19/00