

Psychology 205WA
Techniques of Counseling and Psychotherapy
Spring 2021

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Required Texts: Conte, C. (2009). *Advanced Techniques for Counseling and Psychotherapy*.
Springer Publishing Company ISBN: 0826104509

Course Objectives:

You will be engaged in a series of readings and discussions designed to provide you with a broad overview of current approaches and techniques used in counseling and psychotherapy. Students will also be encouraged to utilize self-awareness and introspection throughout the course, in an attempt to help them understand how these concepts are essential for a healthy and ethical therapist.

Course requirements and expectations:

- You are expected to complete the assigned reading prior to the week that the discussion for this chapter begins class.
- You must observe the provisions of the Honor Code. Cooperative study and discussions are encouraged, but aids of any kind are not allowed during tests. When writing papers, you must be careful not to plagiarize others' work- use quotations if you are using direct words. If you do not cite properly, it is considered an act of plagiarism and is a potential honor code violation.
- **Discussion Board participation:** Throughout the session, I will begin a discussion board "thread" pertaining to the topic of the week. Each thread will open on Monday morning and will close the following Sunday at midnight, so it's important that you stay on schedule with the reading and check in to see if a new thread has been posted. Everyone is required to contribute at least **once per discussion thread (with their own original thread), as well as to the discussion boards threads of others**, and participation will be graded on *substance and depth*. (In other words, simply stating "I agree" to someone else's contribution is not sufficient.) I give partial points, but am looking for well thought out discussion posts. A couple sentences is not sufficient to obtain full points. I will monitor these discussions closely for violations of discussion board etiquette (a good rule of thumb is "don't submit anything that you wouldn't say to someone's face") to ensure a safe, respectful online space for class members. If I deem a response inappropriate (e.g., rude, disrespectful), I will issue a public warning. If you receive 3 warnings, I will have no choice but to remove you from the discussion forum and you will receive whatever grade you have earned up to that point on the discussion board course requirement.
- **Tests.** **Four (3) closed-notes, closed-text, timed, ONLINE**, tests will be given. You will have **one and a half hours** to complete each test. The tests will be set to expire at midnight on the Sunday following the week that the test is scheduled.
- **Final Paper-** in lieu of a cumulative final exam, a final paper will be due. This is NOT a research paper. It is instead a chance to showcase what you have learned in the class by applying counseling techniques to a hypothetical client. A vignette will be posted at the beginning of the class, and you will be able to work on your paper as the class progresses. Guidelines for the paper will also be posted at this time.

- **Reaction papers.** Throughout the class, certain subjects/techniques/ideas will likely pique your interest. You may strong feelings or questions about a topic, regarding its applicability in the counseling setting or how you feel that it may apply to you. When this happens, I would encourage you to write a 3 page (minimum), double spaced reaction paper on the topic, which you will then send to me. It will not be shared with any of your peers, and will remain confidential. You will be required to write four of these papers during the semester, and the due dates for each of these will be outlined in the syllabus below, though you are ALWAYS welcome to turn them in early! These papers do not need to be formally written- instead, I want your gut reaction or thoughts to something that you have been reading/learning about from the class.

Course Schedule

<u>Week of:</u>	<u>Topic</u>	<u>Reading</u>
January 11	Introduction, Chapter 1	Syllabus, Chapter 1
January 18	Chapter 2	Chapter 2
January 25	Chapter 2	
*Wednesday the 27th	TEST I opens	
January 29		(RP 1 due)
February 1	Chapter 3	Chapter 3
February 8	Chapter 3 (and additional lectures)	
*February 15	TEST II opens	
February 19	Chapter 4	Chapter 4 (RP 2 due)
Feb 22	Chapter 4	
March 1	Chapter 5	Chapter 5
March 8	Chapter 5	Chapter 5
March 12		(RP 3 due)
March 15	review	
*March 17	TEST III opens	
March 22	Chapter 6	Chapter 6
March 29	Chapter 6	
April 2		(RP 4 due)
April 5	review	
*April 7	TEST IV opens	
April 15 (Wednesday of exam week)		FINAL PAPER is due

Grading: Grades will be determined by the following:

Test Scores	400 points
Final paper	200 points
Discussion Boards (10 at 20 pt each)	200 points
Reaction papers (4 at 50 points each)	200 points
	1000 points total

Grading scale:

A	=	920-1000	C+	=	780-799
A-	=	900-919	C	=	720-779
B+	=	880-899	C-	=	700-719
B	=	820-879	D+	=	680-699
B-	=	800-819	D	=	620-679

NOTE For ALL written work:

1) In the extremely unlikely event that your paper is missing or has been accidentally lost or destroyed, make sure that you have a hard copy of the paper AND a backup disk in addition to the copy that you turn in. This is your record of having completed the assignment and will be used to replace the missing copy.

2) All written work *must be typed and double spaced, with 1 inch margins and 12 pt Times New Roman font.*