

Governors State University
College of Education
Division of Psychology and Counseling

Course Syllabus

COURSE TITLE: Beginning Counseling and Human Relations Skills

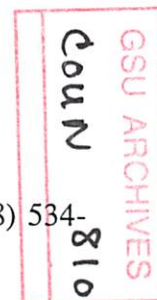
COURSE NUMBER: COUN 810

CREDIT HOURS: 3 - Graduate

INSTRUCTOR: Mary Smith Arnold, Ph.D., Office: D34002, Phone: (708) 534-3142

TRIMESTER: Fall, 1997

PREREQUISITES: COUN 630



COURSE DESCRIPTION:

This is a counseling SKILLS course. The acquisition of microskills, common to a variety of theoretical positions, is emphasized through practice in discriminating facilitative from non-facilitative counseling behaviors and strategies. Importance is placed on the mastery of fundamental concepts that enhance the development of basic counseling skills. This is an experiential course, enthusiastic participation is essential! Attendance is required.

COURSE RATIONALE:

This course is designed for entering graduate students in community counseling, school counseling, school psychology and related fields. It provides students the opportunity to experience a human relations laboratory with a focus on basic communications skills.

EXPECTED STUDENT OUTCOMES:

The student will be able to:

1. Identify basic facilitative and non-facilitative communication skills.
2. Appropriately employ attending skills and listening skills.
3. Develop a peer counseling relationship demonstrating empathic understanding, identification and reflection of feelings, respect, and facilitative genuineness.

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4. Suspend personal and **emotional** issues in order to maintain an objective context for the client's well being.
5. Assess and critique **his or her own** counseling skills and procedures.
6. Give and receive **appropriate** feedback.

Required Text:

Ivey, A. E. (1994). *Intentional interviewing and counseling: Facilitating client development in a multicultural society*. (3rd ed.) Pacific Grove, CA: Brooks/Cole Publishers.

Dass, R. & Gorman, P. (1985). *How can I help?* New York: Alfred A. Knopf.

COURSE ASSIGNMENTS:

1. Participate in a human relations activity to experience a more intense, interpersonal group involving feedback and personal sharing.
2. Develop and maintain a peer counseling relationship with a classmate for a minimum of eight (8) sessions. **All** sessions are to be audiotaped and some will be reviewed in class.
3. Produce a 50 minute **video tape** of a counseling session to be reviewed with the instructor.
4. Complete all reading assignments.
5. Maintain a journal of your intrapersonal process of becoming a skilled helper.
6. Select a tape for review by the instructor. It must be at least 30 minutes in length. Also it must be **fully transcribed** and accompanied by a critique of your behaviors in the session.

Only standard size cassette tapes can be used (no mini tapes). They must be 60 or 90 minute tapes and of the highest quality. Bring your counseling tapes, a blank tape and your tape recorder to class. All tapes must be identified on the sound track with 1) your name, 2) date, 3) "Counseling 810, 4) and first name only or pseudonym for the "client." All transcriptions will be identified in the same way as given on the sound track. Label all cassette tapes with your name, date, and session number only.

7. Write a three page paper on what personal qualities or personal experiences might strengthen your ability to be a skilled helper and what might detract from your ability to be a skilled helper.

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Note: All materials submitted for evaluation must be typed, with the exception of your journal.

EVALUATION:

This a core course leading to candidacy in all program options in the Division of Psychology and Counseling. Students must receive a grade of "B" or better in this course in order to continue in the program. In order to obtain a "B" in this course the following must occur:

1. Complete all assignments and meet the deadlines.
2. Produce an audio and video tape that is passed by the instructor.
3. Meet the attendance requirement.
4. Maintain a journal.

In addition to the above, in order to obtain an "A" in this course:

5. Exceptional demonstration of skills and understanding of counseling principles will merit a grade of "A". A grade of "C" or below indicates need for remediation or reconsideration of your program goals.

Course Calendar and Reading Schedule

<u>Date</u>	<u>Topic/Reading Assignment</u>
9/4	Introductions/Overview
9/11	Overview of the Microskills Hierarchy Ivey, Chapter 1; Carkhuff Scale
9/18 Paper Due	Attending Behaviors Ivey, Chapter 2
9/24	Open and Closed Questions Ivey, Chapter 3
10/2	Observation and Listening Skills Ivey, Chapter 4
10/9	Unlearning Oppression Workshop McIntosh article (handout)

- 10/16 Reflecting Content and Summarizing
Ivey, Chapter 5
- 10/23 Reflecting Feelings
Ivey, Chapter 6
- 10/30 Audio Tape Due Reflecting Feelings
- 11/6 Structuring and Focusing
Ivey, Chapter 7
- 11/13 Confrontation
Ivey, Chapter 8
- 11/20 Terminating The Counseling Relationship
Schedule individual appointments
- 11/27 NO CLASS - THANKSGIVING HOLIDAY
- 12/4 Video Tape Review Course Evaluations, Individual Appointments
- 12/11 Individual Appointments - Video Tape Review



Notice to Students with special Needs:

As the instructor I recognize my responsibility for creating a classroom climate in which students with disabilities can thrive. If you have any type of disability for which you require special accommodations to promote your learning in this class please contact me as soon as possible to discuss your needs.