Southern New Hampshire University

Graduate Course Syllabus

COU 690: Advanced Individual and Group Helping Skills and Techniques: Residency II
Center: Online

Course Prerequisites

Advisor registration required
COU 640, COU 650, and COU 660
Concurrent enrollment in COU 699

Course Description

This course focuses on the integration and application of micro- and meso-skills, advanced individual counseling skills, group counseling skills, and counseling theory in applied peer practice. As part of the course, learners participate in a 5-day, in-person residency for advanced skills practice and a 10-hour group experience.

Course Outcomes

- Demonstrate cultural competence and ethical practices in individual and group counseling sessions
- Implement advanced counseling skills and techniques in individual counseling sessions consistent with established theoretical framework
- Illustrate group counseling skills and techniques by effectively leading and participating in process groups
- Analyze key dynamics, themes, and processes of diverse groups for their implications to effectively facilitating group counseling sessions
- Articulate the value of residency experiences for developing one's professional identity

Required Materials

Using your learning resources is critical to your success in this course. Please purchase directly through the SNHU Online Bookstore rather than any other vendor. Purchasing directly from the bookstore ensures that you will obtain the correct materials and that the IT Service Desk, your advisor, and the instructor can provide you with support if you have problems.

Group Counseling: Strategies and Skills **(Purchased for COU 660)**
Ed E. Jacobs, Christine J. Schimmel, Robert L. L. Masson, and Riley R. Harvill
Cengage Learning
Eighth Edition
2016
ISBN: 978-1-305-08730-9

Publication Manual of the American Psychological Association
American Psychological Association
Seventh Edition
2020
ISBN: 978-1-4338-3216-1

Bongo
The following equipment will be needed to complete the Bongo activities in this course:

- Mac or PC desktop or laptop (not a mobile device or tablet)
- Webcam
- Microphone

For more detailed technical requirements, refer to [this document](#).

Diversity, Equity, and Inclusion
As indicated in our core values, SNHU is committed to "embrace diversity where we encourage and respect diverse identities, ideas, and perspectives by honoring difference, amplifying belonging, engaging civilly, and breaking down barriers to bring our mission to life."

This may or will be reflected in SNHU's curriculum as we embrace and practice diversity, equity, and inclusion (DEI) to provide the most transformative experience for our students, faculty, and staff. Because topics pertaining to DEI can be sensitive, please remember that embodying and practicing diversity, equity, and inclusion is one of our core values that you will encounter throughout the academic experience. In higher education, we are expected to think and engage critically. Use a growth mindset to embrace the diverse readings, course assignments, and experiences of your peers and faculty.

For more information about DEI at SNHU, please visit our website at the [Office of Diversity and Inclusion](#).

Instructor Availability and Response Time
Your class interaction with the instructor and your classmates will take place on a regular, ongoing basis. Your instructor will be actively engaged within the course throughout the week. You will normally communicate with your instructor in the weekly discussions or the General Questions discussion topic so that your questions and the instructor's answers benefit the entire class. You should feel free, however, to communicate with your instructor via SNHU email at any time, particularly when you want to discuss something of a personal or sensitive nature. Your instructor will generally provide a response within 24 hours. Instructors will post grades and feedback (as applicable) within seven days of an assignment's due date, or within seven days of a late submission.

Grade Distribution

Assignment Category	Number of Graded Items	Point Value per Item	Total Points
Start Here Assignment	1	5	5
Bongo Discussions	6	15	90
Bongo Practice Activities (Weeks One–Three)	3	20	60
Bongo Practice Activity (Week Seven)	1	35	35
Bongo Final Practice Activity (Week Eight)	1	45	45
Knowledge Checks	2	10	20
Group Note	1	15	15
Week 4 Residency Dispositions Assessment	1	250	250
Virtual Practice Process Group Counseling Sessions	2	35	70
SONIA Activity	1	10	10
Final Project Draft	1	50	50
Final Project Submission	1	350	350
			Total Course Points: 1,000

This course may also contain practice activities. The purpose of these non-graded activities is to assist you in mastering the learning outcomes in the graded activity items listed above.

University Grading System: Graduate

Grade	Numerical Equivalent	Points
A	93–100	4.00
A-	90–92	3.67
B+	87–89	3.33
B	83–86	3.00
B-	80–82	2.67
C+	77–79	2.33
C	73–76	2.00
F	0–72	0.00
I	Incomplete	
IF	Incomplete/Failure *	
W	Withdrawn	

* Please refer to the policy page for information on the incomplete grade process.

Grading Guides

Specific activity directions, grading guides, posting requirements, and additional deadlines can be found in the Assignment Guidelines and Rubrics section of the course.

Weekly Assignment Schedule

Assignments and discussion posts during the first week of each term are due by 11:59 p.m. Eastern Time. Assignments and discussion posts for the remainder of the term are due by 11:59 p.m. of the student's local time zone.

In addition to the textbook readings that are listed, there may be additional required resources within each week.

For more detailed information, review the [comprehensive syllabus](#).

Concept One: Preresidency Prep Work

Week One	Advanced Reflection / Reflecting Meaning
	Start Here Assignment
	1-1 Bongo Discussion: Reflection on Group and Application of Advanced Reflection
	1-2 Practice Activity: Advanced Reflection / Reflecting Meaning
	1-3 Knowledge Check: Final Project and Course Requirements
Week Two	Confrontation, Challenging, Self-Disclosure, and Cultural Callouts
	2-1 Bongo Discussion: Confrontation, Challenging, Self-Disclosure, and Cultural Callouts
	2-2 Bongo Practice Activity: Confrontation, Challenging, Self-Disclosure, and Cultural Callouts
Week Three	Goal Setting
	3-1 Bongo Discussion: Goal Setting
	3-2 Bongo Practice Activity: Goal Setting
	3-3 Virtual Practice Process Group Counseling Session Availability (Non-graded)

Concept Two: Face-to-Face Experience

Week Four	Residency
	Group Counseling: Strategies and Skills (Review chapters as needed)
	4-1 Assignment: Residency Video Recording (Non-graded but required)
	4-2 Residency Evaluation

Concept Three: Postwork, Plan, and Reflection

Week Five	Focusing the Counseling Session, and the Hippocratic Oath in a Counseling Session
	Group Counseling: Strategies and Skills (Review chapters as needed)
	5-1 Schedule Your Group Session (Non-graded)
	5-2 Assignment: Group Note
	5-3 Bongo Discussion: Focusing the Counseling Session and the Hippocratic Oath
	5-4 Virtual Practice Process Group Counseling Session: Week Five

Week Six	Managing the Counseling Session and Unconditional Positive Regard or Acceptance
	Group Counseling: Strategies and Skills (Review chapters as needed)
	6-1 Schedule Your Group Session (Non-graded)
	6-2 Sonia Activity
	6-3 Bongo Discussion: Managing the Counseling Session and Unconditional Positive Regard or Acceptance
	6-4 Virtual Practice Process Group Counseling Session: Week Six
Week Seven	Integration of Skills
	7-1 Bongo Practice Activity: Integrating Mesoskills
	7-2 Final Project Draft
Week Eight	Skills Demonstration
	8-1 Bongo Final Practice Activity: Integrating Mesoskills
	8-2 Knowledge Check: Practicum Orientation Video
Week Nine	Final Project Reflection
	9-1 Final Project Submission: Course Reflection Paper
Week Ten	Wrap-Up and Transition
	10-1 Bongo Discussion: Course Reflection

CACREP Alignment Map

Week 1:	CACREP Standard(s)	Course Objective(s)	Program Outcome(s)	Assessment
1-1 Video Discussion: Reflection on Group and Application of Advanced Reflection		CO2; CO3	PO2; PO6	Week 1 Bongo Discussion Rubric
1-2 Practice Activity: Advanced Reflection/ Reflecting Meaning	2.F.5.g; 5.C.3.b	CO2	PO2	Practice Activity Rubric
1-3 Knowledge Check: Final Project and Course Requirement		CO3; CO5	PO1	Final Project Guidelines Rubric
Week 2:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
2-1 Video (Bongo) Discussion: Confrontation, Challenging, Self-Disclosure, and Cultural Callout	2.F.5.g	CO1; CO2	PO2	Bongo Discussion Rubric
2-2 Bongo Practice Activity: Confrontation, Challenging, Self-Disclosure, and Cultural Callout	5.C.2.j; 5.C.3.b	CO1	PO2	Practice Activity Rubric
Week 3:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
3-1 Bongo Discussion: Goal Setting	2.F.5.g	CO2	PO2	Bongo Discussion Rubric
3-2 Bongo Practice Activity: Goal Setting	5.C.3.b	CO2	PO2	Practice Activity Rubric
3-3 Virtual Practice Process Group Counseling Session Availability (Non-graded)				Not Graded
Week 4:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**

4-1 Assignment: Residency Video Recording (Non-graded but required)	2.F.5.g; 2.F.6.d; 2.F.6.h; 2.F.6.b			Not Graded
4-2 Residency Evaluation-Residency Disposition Assessment	2.F.5.g; 2.F.6.d; 2.F.6.h; 2.F.6.b			Residency Embedded Rubric
Week 5:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
5-1 Schedule Your Group Session (Non-graded)				Not Graded
5-2 Assignment: Group Note	2.F.6.b	CO4	PO6	Group Note Guidelines and Rubric
5-3 Bongo Discussion: Focusing the Counseling Session and the Hippocratic Oath	5.C.3.b	CO1; CO2	PO2	Bongo Discussion Rubric
5-4 Virtual Practice Process Group Counseling Session: Week Five		CO3; CO4	PO6	Virtual Practice Process Group Guidelines and Rubric
Week 6:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
6-1 Schedule Your Group Session (Non-graded)				Not Graded
6-2 Sonia Activity				Sonia Activity Guidelines Rubric
6-3 Bongo Discussion: Managing the Counseling Session and Unconditional Positive Regard or Acceptance	5.C.3.b	CO2	PO2	Bongo Discussion Rubric
6-4 Virtual Practice Process Group Counseling Session: Week Six		CO3; CO4; CO5	PO1; PO6	Virtual Practice Process Group Guidelines and Rubric
Week 7:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
7-1 Bongo Practice Activity: Integrating Mesoskills	5.C.3.b	CO2; CO3	PO2; PO6	Practice Activity Rubric
7-2 Final Project Draft	2.F.1.l			Final Project Draft Rubric
Week 8:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
8-1 Bongo Final Practice Activity: Integrating Mesoskills	5.C.3.b	CO2	PO2	Practice Activity Rubric
8-2 Knowledge Check: Practicum Orientation Video				Quiz
Week 9:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
9-1 Final Project Submission: Course Reflection Paper	2.F.1.l; 2.F.6.b; 5.C.3.b	CO1; CO2; CO3; CO4; CO5	PO1; PO2; PO6	Final Project Rubric
Week 10:	**CACREP Standard(s)**	**Course Objective(s)**	**Program Outcome(s)**	**Assessment**
10-1 Bongo Discussion: Course Reflection		CO2; CO3	PO2; PO6	Bongo Discussion Rubric

Course Participation

Course participation is required within the first week of the term for all online courses. *Participation* in this context is defined as completing one graded assignment during the first week of the course. Otherwise, students will be administratively removed for nonparticipation. Students who do not participate during the first week may forfeit their rights to be reinstated into the course. Students who stop attending a course after the first week and who do not officially withdraw will receive a grade calculated based on all submitted and missed graded assignments for the course. Missed assignments will earn a grade of zero. See the course withdrawal policy and the full attendance policy for further information.

Late Assignments

Students who need extra time may submit assignments (excluding discussion board postings) up to one week after the assignment due date. Discussion board submissions will not be accepted for credit after the deadline except in extenuating circumstances.

- A penalty of 10 percent of the total value of the assignment will be applied to the grade achieved on the late assignment regardless of the day of the week on which the work is submitted.
- Students who submit assignments more than one week late will receive a grade of zero on the assignment unless they have made prior arrangements with the instructor.

Students must submit all assignments no later than 11:59 p.m. (in their own time zone) on the last day of the term. No assignments are accepted after the last day of the term unless an incomplete has been submitted. See the incomplete grades policy.

There may be times an instructor makes an exception to the late assignment policy. Instructors may accept late work, including discussion board posts, with or without prior arrangement.

- Exceptions to the late policy on these grounds are left to the instructor's discretion, including whether the late penalty is applied or waived. Students should not assume that they will be allowed to submit assignments after the due dates.
- If an instructor finds that they are unable to determine whether an exception to the late policy would be appropriate without documentation, the collection and review of student documentation should be handled through the Dispute Resolution team in order to protect the student's privacy. In these cases, students should file a Student Concern Dispute form to have the circumstances reviewed.

If a student is experiencing (or knows they will experience) a circumstance, including pregnancy, that is protected under the Americans with Disabilities Act or Title IX, they are encouraged to contact the Online Accessibility Center (OAC) as soon as possible to explore what academic accommodations might be offered. Instructors must honor all deadlines established through the OAC.

Student Handbook

Review the student handbook.

ADA/504 Compliance Statement

Southern New Hampshire University (SNHU) is dedicated to providing equal access to individuals with disabilities in

accordance with Section 504 of the Rehabilitation Act of 1973 and with Title III of the Americans with Disabilities Act (ADA) of 1990, as amended by the Americans with Disabilities Act Amendments Act (ADAAA) of 2008.

SNHU prohibits unlawful discrimination on the basis of disability and takes action to prevent such discrimination by providing reasonable accommodations to eligible individuals with disabilities. The university has adopted the ADA/504 Grievances Policy (version 1.2 effective October 16, 2017), providing for prompt and equitable resolution of complaints regarding any action prohibited by Section 504 or the ADA.

For further information on accessibility support and services, visit the Disability and Accessibility Services webpage.

Academic Integrity Policy

Southern New Hampshire University requires all students to adhere to high standards of integrity in their academic work. Activities such as plagiarism and cheating are not condoned by the university. Review the full academic integrity policy.

Copyright Policy

Southern New Hampshire University abides by the provisions of United States Copyright Act (Title 17 of the United States Code). Any person who infringes the copyright law is liable. Review the full copyright policy.

Withdrawal Policy

Review the full withdrawal policy.

Southern New Hampshire University Policies

More information about SNHU policies can be found on the policy page.