

Course Outline for PCN 3

THEORIES AND CONCEPTS OF COUNSELING: AN INTRODUCTION

Effective: Fall 2016

I. CATALOG DESCRIPTION:

PCN 3 — THEORIES AND CONCEPTS OF COUNSELING: AN INTRODUCTION — 3.00 units

This is an introductory course to the theories and concepts, as well as the historical foundations of counseling with an emphasis on fundamental principles of the therapeutic process. There will be a major focus on multicultural principles and major diagnostic categories, problems, and solutions relating to recovery in counseling. Ethics in counseling, as well as legal implications will also be introduced and examined.

3.00 Units Lecture

Grading Methods:

Letter or P/NP

Discipline:

	MIN
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Describe the historical foundations and recent trends in counseling
- B. Explain the purpose and construction of counseling theory
- C. Identify theoretical models of counseling theory and behavioral change
- D. Specify counseling principles as derived from learning theory
- E. Specify counseling principles as derived from addictions, prevention and recovery theory
- F. Demonstrate knowledge of counseling theory and skills derived from communication theory
- G. Describe theoretical components of therapeutic interventions
- H. Evaluate values, belief systems, standpoint, and views of African-Americans, Asian-Americans, European-Americans, American Indians and Latino-Americans as they relate to the areas of mental health and counseling
- I. Explain legal and ethical considerations and their implications in counseling
- J. Evaluate place of medical clinics, hospitals, social and human service agencies in counseling
- K. Identify emerging issues in counseling

V. CONTENT:

- A. Overview
 1. Definition and historical foundations of counseling
 2. Overview of counseling and therapy, theories and concepts
 3. Definition of counselor-client confidentiality
 4. Examination of modern trends in counseling theories and concepts
 5. Comparison of counseling with psychotherapy
- B. Introduction to counseling theory, its purpose and construction
 1. Methods of classification of mental disorders
 2. Symptom identification and therapeutic methodologies
- C. Introduction to theoretical models of counseling on behavioral change
 1. Medical (psychiatric) models
 2. Intra-psychic (psychoanalytic) "depth" models
 3. Contract treatment models
 4. Experiential models
 5. Learning and behavioral models
 6. Systemic (i.e. Family Systems and Intergenerational) models
 7. Feminist theories and concepts in counseling
- D. Introduction to the principles of counseling as derived from learning theory
 1. Observational learning and behavioral shaping
 2. Consequence focused behavioral change
 3. Classical and operant conditioning
 4. Environmental-cultural teaching-learning systems
- E. Introduction to the principles of counseling as derived from addictions, prevention and recovery theories

1. Genetic predisposition
2. Family systems and environmental “triggers”
3. Cycles of addiction (i.e. experimentation, habituation, tolerance, denial)
4. Stages of recovery (e.g. intervention, withdrawal, medical, behavioral and emotional treatment, counseling, support relapse prevention, 12 step recovery, etc.)
5. Dual diagnosis and multiple addictions complexities
6. Treatment and counseling methodologies
7. Medical or psychiatric treatments in conjunction with counseling approaches to addiction, prevention, and recovery
8. Emphasis on prevention and recovery
- F. Introduction to psychotropic medications used in mental health
 1. Basic examination of psychopharmacology, its definition and use in treatment
 2. The proper use of psychotropic medications in the field
- G. Communication theory and concepts
 1. Listening theory and identifying barriers
 2. Empathy and observation
 3. Reflective listening: reflecting facts, feeling, and meaning
 4. Body language and their meanings
 5. Assertiveness
 6. Problem definition and conflict resolution
- H. Introduction to therapeutic interventions
 1. Assessment interventions
 2. Behavioral interventions
 3. Cognitive interventions
 4. Assessing severity and warning signs
 5. Persistent symptoms or chronic disorders
 6. Crisis intervention
 7. Culturally-appropriate interventions
- I. Multicultural perspectives in counseling
 1. Examination of values, belief systems, standpoint, and views of African-Americans, Asian-Americans, European-Americans, American Indians and Latino-Americans as they relate to the areas of mental health, counseling
 2. Investigate the proliferation of the stigma of mental health in certain societies or ethnic groups
 3. Study the effectiveness of Western therapeutic interventions on multicultural populations
 4. Investigate non-Western approaches to issues in mental health and how these affect therapeutic interventions and relationships in Western society
 5. Examine ethnic-specific approaches to counseling
- J. Introduction to legal and ethical considerations in counseling
 1. Examination of ethics in counseling
 2. Legal implications in counseling
 3. Emphasize importance of ethics in counseling
- K. Examination of emerging issues in counseling
 1. Burnout, boundaries, and de-stigmatization
 2. Gender equality, sexual orientation, safe-sex practices
 3. Diversity, race, ethnicity, heritage, and cultural factors
 4. Economics and environmental factors
 5. Disability legislation, consumer rights (e.g. ADA, NAMI, etc.)
 6. Employment advocacy for persons with disabilities (PWD's)
 7. Further refinement and development of theories and concepts in counseling consistent with the changing times and other emerging contemporary issues we are faced with today

VI. METHODS OF INSTRUCTION:

- A. **Discussion** - Small group and whole class discussion\audio-visual tapes, videos, DVDs, and interactive technologies
- B. **Guest Lecturers** -
- C. **Lecture** -
- D. **Research** - Research papers utilizing American Psychological Association (APA) style
- E. **Written exercises and case studies** - Written assignments, including essays, short term papers, and other exams
- F. Attending academic and professional conferences, i.e., Alcoholics Anonymous, Battered Women's Alternative, California Community College Counselors Association, as well as workshops, or seminars on and off campus sponsored by higher educational institutions and professional counseling organizations

VII. TYPICAL ASSIGNMENTS:

1. Reading assignments in text and classroom lecture/discussion
 - a. Lecture theme: “Compare and contrast Counseling and Psychotherapy.”
2. Examine common themes emerging from various theories in counseling and psychotherapy
 - a. Examine and discuss fundamental aspects of counseling and psychotherapy
 - b. Discuss common factors in the counseling and psychotherapy process across various theoretical orientations
 - c. Compare and contrast how different cultures view mental illness.
3. Writing assignment summarizing the main points on the theme
 - a. Write an essay about issues viewed as traditionally and strictly “personal” and how various counseling theorists have addressed such issues according to each of their theoretical orientations.
 - b. Write alternatively an essay contrasting perceptions between viewing life issues as individually based and soluble versus socio-culturally weighted, involving environmental and systemic change as part of solution.
 - c. Write a research paper, APA style, expanding on a theory of your choice and how this theory had been developed. Be sure to discuss its major influences in contemporary counseling, as well as its implications on counseling multiculturally diverse populations.
4. Critical thinking and problem solving
 - a. Research pros and cons about expanding counselors roles to include some action as a social change agent.
 - b. Analyze forces maintaining the existing status quo counseling paradigm.

c. Prepare for class presentation of your findings including reasoning, research and argumentation refuting or supporting inclusion of community counselors as change agents.

d. Write an essay on self-observations and growth in theoretical and practical understanding of this theme reflecting on learning from class presentations. Include some discussion of the right to personal privacy as contrasted with society's needs for an expanding knowledge base.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Quizzes
3. Research Projects
4. Oral Presentation
5. Group Projects
6. Class Participation
7. Class Work
8. Home Work

B. **Frequency**

1. Frequency of Evaluation will differ according to the various methods used by particular instructors. However, a typical frequency may be as follows:
2. Exam/Tests --2 exams, 1 final exam, multiple choice, essay questions
3. Research Projects --1 research paper must be submitted
4. Oral Presentation --oral presentation of research project
5. Group Projects--critical thinking exercises
6. Class Work--completion of selected assignments in class
7. Home Work--Weekly written critical thinking exercises
8. Class Participation--class attendance and participation

IX. TYPICAL TEXTS:

1. Corey, G. (2016). *Theory and Practice of Counseling & Psychotherapy* (10th ed.). Belmont, CA: Thomson Brooks/Cole.
2. Funder, D. (2012). *The Personality Puzzle* (6th ed.). New York, New York : C.W.W. Norton & Company.
3. Jones-Smith, E. (2014). *Theories of Counseling and Psychotherapy: An Integrative Approach* (2nd edition ed.). Thousand Oaks, California : SAGE Publications, Inc;.

X. OTHER MATERIALS REQUIRED OF STUDENTS: