

Saint Louis Christian College
PCO 201 INTRODUCTION TO COUNSELING
Professor Becky Payne, LPC, LCPC
Three Credit Hours

Fall, 2014

Course Prerequisites: General Psychology

Office Hours: By appointment only

Tuesdays

6:15-9:00 PM

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MISSION STATEMENT

Saint Louis Christian College equips men and women as leaders who impact the world for Christ.

COURSE DESCRIPTION

Students are introduced to principles of counseling from a holistic perspective, including examination of several counseling theories. As students study this field, they will understand the fundamental skills, tools and techniques used to assess and lead others towards healing and change.

COURSE RATIONALE

Learning how to be a “people helper” can be a daunting endeavor. Discovering the means and ability to actually help someone comes by reading, listening and practicing what professionals have learned over many years. This course will introduce students to counseling history, theory and professional practices in preparation towards being a “people helper” and/or counselor. As disciples of Jesus Christ, students will be able to integrate professional, clinical and Biblical knowledge into specific practices and ministries from this course.

COURSE OBJECTIVES

Upon conclusion of this course, the learner should be able to:

1. Identify and summarize historical figures, theories and concepts within the psychological and counseling practice after reading assigned texts and materials.
2. Understand key concepts and skills used in counseling, when reading the course text book, classroom discussions and watching “people helpers” within their daily life.
3. Demonstrate knowledge and practices of specific clinical, psychological practices and counseling by trying out assessment skills and counseling techniques inside and outside of class.
4. Analyze personal strengths and areas of improvement in “people helping” skills and accept feedback from their instructor and peers when integrating these skills.
5. Apply counseling knowledge and clinical skills within their daily lives (when appropriate), work and areas of ministry.
6. Assist others through building healthy relationships, using problems solving skills, applying Biblical principles and implementing resources when the opportunity presents itself.

CLASSROOM DECORUM POLICY

Course Policy on Computer Use in Class—Computers are welcome if used for course work. Please respect your purpose for being here, your classmates, and the professor by restricting your computer use to activities directly related to the class that class period. Do not check e-mail, play computer games, or work on assignments for other classes, etc. during class time.

Course Policy on Cell Phones: Cell phones do not belong in the classroom. I consider the use of a cell phone during class to be disrespectful. If you must have your phone, please put it on silent (not vibrate) and out of sight. If there is an emergency that you are on call for, please see the professor at the beginning of the class period to make arrangements.

INSTRUCTOR/STUDENT COVENANT

As instructor of this course, I covenant with each student that I will model Christ-like behavior, value and respect each student as a child of God, come to class prepared, begin and end class on time, make appropriate assignments and grade them fairly, and be available for consultation outside of class. In return, I expect each student to model Christ-like behavior, show proper respect to me as the instructor, come to class prepared, arrive and leave class on time, and submit assignments and participate in ways that demonstrate your integrity.

We will be discussing sensitive subject matter and personal experiences or perspectives will be expressed in class. These discussions are to be treated with the utmost respect.

COURSE GRADING

Grades are determined by using percentages of the total points and the following scale.

A+	97-100	B+	87-89	C+	77-79	D+	67-69	F	0-59
A	93-96	B	83-86	C	73-76	D	63-66		
A-	90-92	B-	80-82	C-	70-72	D-	60-62		

The total points for this class are as follows:

Participation (25 pts per class)	400
Papers (see below)	775
Quizzes (25 points per quiz)	75
Presentation	50
Final Exam	<u>100</u>

COURSE POLICIES

- Homework assignments turned in late or incomplete will be graded one complete grade lower for every week (one to seven days) late. Missed quizzes will be recorded as a zero, though quiz can be taken after the following class for no grade though to have as a study guide for final exam.

2. If you have a diagnosed learning disability, please see the professor privately to discuss assessment measures that would enhance your ability to learn.
3. Please understand that the Professor Payne reserves the right to modify this course plan by changing topics, due dates, or even an assignment as long as it does not add to the students' work load.

COURSE REQUIREMENTS

1. Read the following textbooks:

Introduction to Counseling: Voices from the Field, 7th edition, by Jeffrey A. Kottler and David S. Shepard. Brooks /Cole, 2011.

2. Attend and participate in class discussions, classroom activities and small groups as listed on the class schedule. Complete homework assignments and final project as listed in syllabus.
3. Complete counseling questionnaires to be reviewed in class and used as directed in the class. See class schedule for due dates, turned into Prof Payne at the beginning of class.
4. Complete 3 quizzes (in class) from the book: Introduction to Counseling: Voices from the Field 7th edition, by Jeffrey A. Kottler and David S. Shepard. as listed on class schedule. Expect multiple choice and listing questions from reading assignments.
5. Students will complete a Final Exam on December 9th, based upon reading and quizzes from textbooks. Expect multiple choice and listing questions from the quizzes previously taken.
6. Students will complete various case studies in class.

Please note that writing ability, including proper grammar, spelling, etc. are expected, along with using MLA writing format.

COURSE STUDENT LEARNING RESOURCES (BIBLIOGRAPHY)

1. The World of the Counselor: An Introduction to the Counseling Profession by Ed Neukrug, 4th Edition. Brooks/Cole: Belmont, Ca, 2012
2. Theories of Counseling and Therapy: An Experiential Approach by Jeffrey A. Kottler and Marilyn J. Montgomery, 2nd Edition. Sage: L.A, 2011.
3. Christ Centered Therapy: The Practical Integration of Theology and Psychology by Neil T. Anderson, Terry E. Zuehlke and Julianne Zuehlke. Zondervan: Grand Rapids, MI, 2000.
4. How to Be a People Helper by Gary R. Collins, Revised Edition. Tyndale, 1995.
5. Training Christians to Counsel by Norman Wright. Harvest House: Eugene, Or, 1977.

COURSE SCHEDULE		
Date	Topic	Reading/Assignments due
August 19 th	What is Counseling?	Ch. 1
August 26 th	Foundations of Counseling	Ch. 2/Why I want to be a counselor paper
September 2 nd	Settings for Counselors	Ch. 3/Counselor Interview
September 9 th	The Therapeutic Relationship	Ch. 4/ Quiz #1 – Ch. 1-4 “The Professional Counselor”
September 16 th	Insight-Oriented Approaches	Ch. 5/Being Real Reflection Paper
September 23 rd	Action-Oriented Approaches	Ch. 6/Reflective Questions paper
September 30 th	Integrating Theory and Counseling Skills	Ch. 7/Counseling Theories paper
October 7 th	Assessment, Testing, and the Diagnostic Process	Ch. 8/ Quiz #2 – Ch. 5-8 “The Counseling Approaches”
October 14 th	Group Counseling	Ch. 9/Group Counseling Movie Critique paper
October 21 st	Marital, Family, and Sex Counseling	Ch. 10/Family systems Movie Review Paper
October 28 th	Career Counseling	Ch. 11/Career Counseling theory presentation
November 4 th	Addictions Counseling and Psychopharmacology	Ch. 12/Abstinence journal
November 11 th	Counseling Diverse Clients	Ch. 13/ Quiz #3 – Ch. 9-13 Counseling Applications
November 18 th	Ethical and Legal Issues	Ch. 14/Ethics comparison Paper
November 25 th	NO CLASS - THANKSGIVING BREAK	
December 2 nd	Toward Closure: Advice for the Passionately Committed Counseling Student	Ch. 15/What I’ve Learned Paper
December 9 th	FINAL EXAMS	Final Exam - Exam #4 – All chapters

Course Assignment Instructions/Explanations

All papers should be 2-3 papers unless otherwise noted.

- 1. I want to be a counselor because...Paper”** Write about your reasons for wanting to be a counselor as well as any concerns/fears that you have with becoming a counselor. Be sure to be honest as to the reasons why you are considering going into the helping field and also about the concerns that you might have at this point in time. Apart from helping others, what aspects of your motivation have to do with helping yourself in some ways? Spend some time brainstorming possible motives that you may have in regard to your interest in counseling (50 points)
- 2. Counselor interview:** Interview 2 or more counselors in the field who work in different settings and specialty areas. Ask them about...
 - What they like most and least about their work
 - How their training best and least prepared them for the realities of what they do
 - What they face as their greatest frustrations and challenges
 - What advice they would offer you as a beginner to the field. (50 points)
- 3. Being Real Reflection Paper:**
 - Complete the “for Homework” section at the end of chapter 5 on page 155-156. Write a 2-3 page paper on your experience. (50 points)
- 4. Reflective Questions paper:**
 - If you were a client, what conditions would you look for in your counselor?
 - Under what conditions do you feel safe, open and able to disclose? Trusting? Does this vary with persons of different ages, gender, values, and ethnic origins?
 - How have your own childhood experiences influenced your relationships with others as an adult? In exploring this for yourself, can you see potential connections between the childhood experiences of your potential clients and the way they may relate to you and to others? (50 points)
- 5. Counseling Theories paper: (pg 212 in Self-guided explorations – question #1)**
 - Write about the theories that you feel drawn to and discuss why you are drawn to them.
 - Include what it is about your personality, values and experiences that have influenced your choices. (50 points)
- 6. Movie Critique Paper:** (pg 280 Question #2) View all three movies this week and compare and contrast the way they depict group counseling. See the textbook for more specific questions. (50 points)
- 7. Family systems Movie Review Paper: (pg 313 Question #2).** Choose one of the two movies to watch and then answer the questions as listed in the textbook. (50 points)

- 8. Career Counseling Theory Paper/Presentation:** You will be given one of the career counseling theories to research and then will present your findings to the class in a creative way. This will be a PowerPoint presentation given in class. (100 points)
- 9. Abstinence Journal:** For 2 weeks you are to choose a substance or behavior (sugar, caffeine, Facebook, texting, etc.) that you are addicted to and abstain from it for 2 weeks. Keep a journal about your experiences and then write a paper about your experience and how it ties in with the text regarding addictions counseling. (50 points)
- 10. Ethics Comparison Paper:** compare and contrast 2 of the ethics codes and then write a paper about what you found. One of them must be the American Association of Christian Counselors (AACC) and the other can be any in which you are interested. (50 points)
- 11. What I've Learned Paper:** Write a 3-4 page paper on what you have learned throughout this course. (75 points)