

**EDCP 618: COUNSELING SKILLS, INTRODUCTION TO PRACTICUM II
SPRING 2005 SEMESTER**

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Meeting Time: Monday, 7:00 - 9:00 pm

Required Texts: Cormier, S. & Hackney, H. (2005). *Counseling Strategies and Interventions*. Boston: Pearson Education. ISBN: 0-205-37052-7.

Class Description: Co-requisite: EDCP 616. Repeatable to 2 credits.

The laboratory is designed to help students develop basic counseling skills following the generic counseling model as presented in the Hill (2004) *Helping Skills* book. The course includes didactic and experiential class activities, such as role plays and case presentations, counseling experiences with an undergraduate volunteer client, and individual and group supervision.

Objectives

As a result of participating in this lab, the student will be able to:

1. Demonstrate basic counseling skills, such as attending behavior, open and closed questioning techniques, client observation skills, encouraging, paraphrasing, reflection of feeling, and summarization.
2. Demonstrate advanced skills and concepts including challenge, interpretation, self-disclosure, and immediacy.
3. Develop a sense of personal ethics.
4. Develop a personal self-awareness compatible with the beginning counselor.
5. Develop an appreciation for human diversities, (e.g., cultural, sexual, racial, and disability).

6. Develop multicultural competency in counseling.

Requirements

1. Attend and participate in all lab meetings. It is the policy of EDCP 618 that more than one (1) absence by a student in any given semester may require a meeting with the instructor or coordinator to discuss class progress and could result in an incomplete or a failing grade in the course.
2. Complete all assignments.
3. Carry liability insurance. **It is the decision of the CAPS Department that each EDCP 618 pre-practicum student must have liability insurance. This should have been done during Fall 2005 semester.**
4. Participate in all supervisory sessions.
5. Demonstrate professional and ethical conduct.

Assignments

Client sessions:

You will complete a supervised, five-session counseling experience with one or more volunteer undergraduate clients. Each session will be approximately 45 minutes long and will be audiotaped for review with your supervisor. In addition, you and your client will complete brief questionnaires following each session evaluating aspects of the session. The goals of the sessions will include: establishing a helping relationship with the client; practicing and integrating your counseling skills; and identifying the client's issue, problem or conflict. Clients will be recruited and assigned by the lab coordinator. Individual supervision will be provided by a 618 section instructor or a doctoral student trained in supervision. You must meet with your supervisor prior to your first session and then for 45 minutes of individual supervision prior to each of the remaining 4 sessions; additionally, you will meet with your supervisor upon completing your 5 sessions for wrap-up and evaluation. Process notes and an audiotape for each counseling session must be given to your supervisor in advance of individual supervision. Failure to complete the required number of sessions can contribute to an incomplete in the course. If you anticipate difficulties in meeting this requirement, please notify your instructor and the lab coordinator immediately. Your instructor will provide more detailed information about this experience.

Case presentations:

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The last 4 classes will be devoted to each student giving a 20-30 minute presentation on their work with their undergraduate clients. Your section instructor will provide more detailed information regarding this assignment.

Reflective essay:

This five-page paper describes what you have learned about yourself and your helping skills over the course of this year. Feel free to write this paper in the style and with the content that seems most meaningful to you personally, but some questions that you may want to consider are:

- What was your perception of yourself as a counselor in September? How has it changed? What do you think has contributed to these changes?
- Compare your counseling skills now with your memory of them in September. In what areas have you grown the most? In what areas do you hope to grow in the immediate future? To what do you attribute this growth?

In writing this paper, you may find it helpful to refer back to process notes you have written over the course of the year. Some students find it helpful to keep a journal to document their thoughts and feelings over time.

Grading

This course will be graded on a pass/fail basis, with the following being evaluated:

1. Attendance and participation in class meetings
2. Case presentations
3. Demonstration of counseling skills in 5 audiotaped sessions
4. Participation in supervision sessions, including turning in process notes and audiotape to supervisor by an agreed upon date and time prior to each supervision session
5. Demonstration of appropriate professional skills, including being on time for all counseling and supervision sessions
6. Reflective essay

*It is the policy of CAPS that a student must earn a passing grade in EDCP 618 Pre-Practicum I (Fall) and Pre-Practicum II (Spring) in order to take his or her counseling practicum.

NOTE: If you have a documented disability and wish to discuss academic accommodations with your instructor, please contact her or him as soon as possible.

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CALENDAR OF TOPICS, READING, AND DUE DATES

January 30	Review syllabus and semester's objectives (large group) Review counseling skills (Recommended reading: C&H Ch. 2 & 3)
February 6	C&H Ch. 5 & 8 Contact individual supervisor to arrange for 1 st meeting
February 13	C&H Ch. 7 & 10 Meet with individual supervisor (outside of class)
February 20	C&H Ch. 9; readings on reserve (suicide assessment; mistaken assumptions) Prepare for first session Contact assigned volunteer client
February 27	NO CLASS Meet with client (1 st session) and supervisor
March 6	Group supervision Meet with client and supervisor
March 13	Group supervision Meet with client and supervisor
March 20	Spring Break!
March 27	Group supervision Meet with client and supervisor
April 3	Group supervision Meet with client and supervisor
April 10	Group supervision Meet with client (if necessary) and supervisor
April 17	NO CLASS
April 24	3-5 case presentations Reflective essay due to instructor
May 1	3-5 case presentations
May 8	Wrap-up