

**MAYLAND COMMUNITY COLLEGE
Welcomes You To:**

**HSE 125 – 10
COUNSELING
3 Credit Hours**

FALL 2007

Course Description

This course covers the major approaches to psychotherapy and counseling. Topics include theory, characteristics of a counselor, ethics and techniques for effective practice. Emphasis is placed on self-exploration, problem solving, decision making, personal growth, and case study. Upon completion, students should be able to understand various theories of counseling and demonstrate counseling techniques. A guide for a personal practice model (PPM) will be introduced.

Prerequisites: PSY 150

Co requisites:

Instructor Information

Instructor: Ron Pallick, MSW, LCAS, LSSW, QMHP
Office Location: 392 East Main Street Burnsville NC 28714
Telephone Number: (828) 682-4800
E-mail Address: rpallick@hotmail.com
Office Hours: By appointment

Course Information

Tuesdays from 2:30-6:20 in the Criminal Justice Building.

Required Text: Corey, G. Theory and Practice of Counseling and Psychotherapy, 7th edition, Brooks/Cole, Monterey, Cal. 2001, 7th Edition.

LRC Resources: None

Required Supplies: None

Course Objectives/Competencies:

1. Students will explore basic issues in counseling and psychotherapy.
2. The characteristics of a therapist, ethics in counseling, confidentiality, and the necessity of practicing a multicultural approach to counseling will be stressed.
3. Students will be able to identify major concepts from therapeutic approaches studied during the semester.

4. Students will have the opportunity to demonstrate competency in one of the therapeutic approaches studied. A focus on developing comfort in a face-to-face counseling situation will be stressed.
5. This approach will help lay the groundwork for the formation of a personal counseling style tailored to a student's own strengths discussed in class.
6. Real world anonymous situations will illustrate counseling in various settings.

Attendance Policy/Tardiness/Make-Up Work:

Attendance is expected. Much of the material covered requires in-class discussion, presentation and student participation. Due to the fact that this class meets only one day a week missing one class = two. All class absences require notification of staff and make-up of work is necessary. Make-up is only accepted for excused absences and it is the student's responsibility to clarify with instructor. Late work will be penalized. Unexcused tardiness may result in grades being dropped a letter. Basic respect for fellow students and staff is expected. Attendance and participation are extensions of that respect.

Grading Criteria/Tests/Projects:

There will be a 1st chapter review exam (1-6) (15%), a 2nd chapter review exam (7-11) (15%), and final (12-16) worth 15%. There will also be a brief research paper, a Personal Practice Model, worth 15%. A class presentation based on a specific theory worth is worth 20%. Students will work in groups and the presentation will be a group effort. The instructor will assign the groups, and details will be explained in class. The group work will benefit the individual, the group and the entire class. This will also relieve some of the course reading burden, as the presentation will demonstrate specific theories from which all will learn. Key concepts will be summarized in each class. Class attendance and participation, crucial to learning, are each worth 10 % of the grade. Extra credit assignment/presentation and/or quiz to be discussed in class and may be available.

Grading Scale:

A = 92-100
B = 84-91
C = 76-83
D = 67-75
F = BELOW 64

Inclement Weather Procedures:

Follow Inclement Weather Policy in Student Handbook. I will plan to hold class unless safety becomes an issue or the school is officially closed.

Academic Standards/Student Expectations/Ethics:

Students are expected to maintain ethical standards that promote an honest learning environment. The instructor is approachable if there is a problem completing a specific assignment. No cheating or plagiarizing will be accepted or should be attempted by

students at this level of the education experience. MCC Code of Conduct in the Student Handbook applies.

Withdrawal Dates:

Please refer to Mayland's published dates or the school website.

Administrative Withdrawal Statement: if a student has not been in contact with the instructor and has not attended class for a consecutive two-week period, the instructor will submit an administrative withdrawal.

ADA statement: Any student requesting special accommodations for this course due to a disability should apply for services through the SOAR Office or the Counseling Center, which will document the disability. A counselor will then help determine which accommodations, if any, the students needs for success in this course.

Course Outline/Weekly Topics

August 21	Course Introduction and Overview Personal Expectations: Instructor and Students Counselor: Person and Professional Read Chapters 1, 2, 3 for next week
August 28	Ethics Issues in Counseling Theories: Overview Group Assignments/Discussion Case Study - Read Ch 4 for next week
September 4	Characteristics of an Effective Counselor - PPM intro Case Study Presentations Begin: Group I – Psychoanalytic Theory Discussion and Review of Key Concepts Read Ch 5 for next class
September 11	Group II – Adlerian Theory Discussion and Review - Key Concepts Case Study - Read Ch 6
September 18	Group III – Existential Theory Discussion and Review – Key Concepts Case Study
September 25	Quick Review of Theories Presented Exam Given (1-6) - Extra Credit Assignment Discussed Case Study. Read Chapter 7 for next week

- October 2 Review results of exam and course thus far
Group IV – Person-Centered Therapy
Discussion and Review- Key Concepts
Case Study
- October 9 Fall Break No Class!!!
Continue Group Work and Personal Review
Work on Personal Practice Model - Read Chapter 8
- October 16 Group V - Gestalt Therapy
Discussion and Review – Key Concepts
Case Study - Read Chapter 9
- October 23 Group VI - Behavior Therapy
Discussion and Review – Key Concepts
Case Study - Read Chapter 10
- October 30 Group VII – Cognitive Behavior Therapy (CBT)
Discussion and Review – Key Concepts
Case Study - Read Chapter 11
- November 6 Review of Theories thus far
Theories Exam #2 given (7-11)
Case Study - Read Chapter 12
- November 13 Group VIII – Reality Therapy
Discussion and Review – Key Concepts
Case Study - Read Chapter 13
- November 20 Group VIV – Feminist Group Therapy
Discussion and Review – Key Concepts
Case Study - Read Chapter 14
- November 27 Group X – Postmodern Approaches
Discussion and Review – Key Concepts
Case Study
Read Chapters 15 + 16
- December 4 Group XI – Family Systems
Review for Exam
Personal Practice Models discussed/presented
- December 11 Review – Finally the Final Exam! (12-16)
PPM/Extra Credit Assignments Due?
Wrap UP – Comments, conclusions, best wishes!

