

Course Number: PSY 252
Course Name: Counseling Techniques
Number of Units: 2

Fall, 2011
Mrs. Julie Sutton, MA MFT
Graded

COURSE SYLLABUS

The Cadet's Rule

Cadets are expected to conduct themselves, at all times, as Christians and Officers-In-Training.

Course Description:

The aim of this course is to allow cadets to acquire the fundamental skills needed to provide counseling within the corps or other Army settings. The course will emphasize the nature of pastoral counseling and basic communication and interview skills, and will acquaint the cadet with common issues faced by counselors in a pastoral setting. The primary focus of the class will be on the application and practice of basic counseling skills

Course Objectives:

1. Cadets will be introduced to the basic counseling skills necessary for conducting a pastoral counseling session.
2. Cadets will explore several of the issues commonly faced by counselors in pastoral ministry.
3. Cadets will have the opportunity to identify personal issues that may be a hindrance in pastoral counseling.
4. Cadets will be introduced to the possible differences in working with individuals based on culture and gender.
5. Cadets will evaluate the limits of individual competence and how to assess the need for appropriate referrals.

Course Student Learning Outcomes (SLO):

1. Cadets will demonstrate basic counseling skills by conducting a pastoral counseling session.
2. Cadets will experience various issues commonly faced by counselors in pastoral ministry.
3. Cadets will identify what personal issues may impact their ministry and could possibly become a hindrance in pastoral counseling.
4. Cadets will evaluate the limits of individual competence and identify how to assess the need for appropriate referrals.

Method of Instruction:

The information in this course will be shared in lecture format, supported by relevant text and audio/visual resources. Class discussion and hands on experience will also be employed to facilitate the acquisition and assimilation of the necessary skills and knowledge.

Textbooks and other required supplies:

Dayringer, Richard, ThD, The Heart of Pastoral Counseling: Healing Through Relationship, Routledge, New York, NY (2010)

Baker, Mark W., Jesus the Greatest Therapist That Ever Lived, Harper One, New York, NY (2007)

Course Requirements:

ALL course work must be attempted to receive a passing grade. Cadets should be prepared for each class by completing assigned reading and demonstrate active participation in the class by interacting with the material, actively tracking the class discussions and contributing where appropriate.

Assignments:

Role plays (In class counseling session):

Cadets will participate in counseling session role plays in class. Each cadet will be assigned a day, but will not know the session “topic” until the time of the session. The session will be video-taped and reviewed immediately in class (if time permits) to discuss the application of techniques and skills discussed in previous classes. This feedback will assist the Cadet in the development of counseling skills. Cadets will also need to complete a paper relating to the session. Included in the paper needs to be 1. The nature of the Problem. Briefly describe what your “client” talked about. 2. Describe the skills you utilized during the session and why you used them. For example, you may write that you first employed minimal encouragers (uh-huhs, head nods, yes) because the client had little difficulty talking about the issue, then used some closed and open questions to seek clarification on issues. Write this section with the goal of taking the reader along on a journey for your time in the session. Begin at the beginning of the session, and then proceed through until the end. 3. Performance Assessment - Provide information relating to the feedback you received in class and how you felt you did. Be sure to include details about how the client responded to you. Be very specific, and remember to include both positive and negative aspects about your performance. Make sure to give feedback not only of your verbalizations, but also of your non-verbal communications (e.g., posture, eye contact, head nods). 4. Future Plans - Imagine that you were to see this client beyond this session. How might you go forward in gathering more information and establishing a preliminary plan of counseling? **There is no substitution for this assignment.** If you are going to be absent on your assigned day, in addition to informing personnel, it is your responsibility to inform the instruction in a timely manner, so that a substitution can be arranged. If a substitution cannot be made, you will receive a “0” for the assignment. Your paper is due to Turnitin within a week of your in class role play.

DVD Project:

Create a 30 minute DVD of a counseling session with a person who has been **pre-approved by the instructor**. In the DVD, you will need to demonstrate an understanding of basic counseling techniques and will demonstrate how to implement these techniques. You also need to provide a paper detailing a critique of your performance based on the counseling techniques discussed in class and in the texts. Please see the role play paper criteria for information as to what should be included in the paper. Along with the information listed above, please also include your personal thoughts related to the counseling experience. You should identify areas in which you feel you were affective as well as those that need improvement. How was the counseling experience for you and how would you do things differently. This should be a thorough

critic of the counseling session and your performance. This must be turned in on a DVD – VHS, Video files or thumb drives will not be accepted. For turning in your project, Please place your DVD in a “zip-lock” bag and staple it to a hard copy of your paper.

Genogram:

Construct a basic Genogram with a *minimum* of three generations for your family, identifying aspects of your family system, and the functions of family members within the system. You *must* include relational and emotional information as well.

Book Review:

Following our class discussion on Jesus the Greatest Therapist That Ever Lived, each Cadet will complete a peer evaluation relating to the discussion, and each person’s contribution to the discussion. You will also need to complete a short review of the book detailing the greatest lessons you learnt from this book.

Self-Reflection Project:

Your greatest skill as a counselor is who you are. Therefore, upon interaction with the course work, identify concerns or your “hot button” topics. These are the things that could hinder or impact your ability to provide effective counseling. As well as “hot button” topics, please identify what areas you feel are your greatest strengths. You can be creative with this project, and present the information in any way that you see fit. This assignment is designed for self-reflection, and needs to show clearly that you have done that.

Course Grading:

Role Play (In Class Counseling session) and Paper	15%
Genogram	15%
30 min. DVD and paper	30%
Book Review (peer evaluation)	15%
Self-Reflection Project	15%
<u>Attendance</u>	<u>10%</u>
Total	100%

Course Writing Standard:

MLA format will be strictly followed. Times New Roman, 12 point font, double-spaced with 1 inch margins are mandatory for all written work in this course. Works Cited page and in-text citations required. Any variation to this standard will result in a drastic reduction of your grade.

Policy on Late Work:

If any assignment is late, 5% will be deducted for each day it is late to the maximum allowed in the Crestmont College catalog. Any time after that is considered one day late – up to a maximum of 4 late penalty days allowed. I will not accept any work more than 5 days late.

Policy on Academic Dishonesty:

All formal writing assignments (e.g. essays or papers) in the course need to be submitted to Turnitin; at the discretion of the instructor more informal writing assignments (e.g. short answer, outlines, personal reflections (non-essay, in-class essays, charts, graphs, maps, exercises, or draft, etc.) do not need to be submitted to Turnitin. Clarification of this approach will be referenced by the instructor and the College in the syllabus.

Plagiarism or academic dishonesty of any kind will not be tolerated and if detected, **will result in a “0” for the assignment/test/project grade**, a report to the Director of Curriculum and further disciplinary action may be taken. If academic dishonesty is found to be a repeated offense, a “0” will be given for the final course grade.

Policy on Absences:

Timely attendance at all scheduled college activities is expected as the entire educational program is planned for the developing of the cadet into an officer. Any absence or tardiness diminishes the learning experience for the cadet and the group. **Cadets are expected to attend all class sessions.** For details, refer to the CFOT Catalog.

Any absences should be reported to Ms. Rosario Burdette at Personnel Department by **8 AM.**

- Cadets will be responsible for work missed during any absence. They must contact their instructors as soon as possible to cover any class work.
- 10% of the final grade is based upon attendance. For the attendance grade, 10% will be deducted from the attendance portion of the grade for every class missed in a one unit course, 6% for a two unit course and 5% for a three unit course. Up to a maximum of ¼ of classes missed.
- In the event that a cadet misses one-fourth of a course for any reason, the course will be considered incomplete and arrangements will be made for additional work to complete the course. Once one-fourth of the course has been missed, the cadet will meet with the instructor and the Director of Curriculum to determine whether the cadet will continue in the course for the remainder of the quarter.

Application to Field Work:

The ability to provide effective and safe counseling is an essential part of a Corps Officers skill set. It is necessary for an Officer to develop their skills in effective communication, active listening, boundaries, time management, practical experience, and scriptural application to successfully lead a Corps and congregation.

CFOT Grading Standard:

- A 93-100%, for exceptional work that has been at the highest level, showing sustained excellence in meeting all course requirements and exhibiting an unusual degree of intellectual initiative.
- A- 90-92%, for excellent work that well exceeds the basic requirements and expectations of the instructor.
- B+ 88-89%, for performance at a higher level, showing consistent and effective achievement in meeting course requirements.
- B 82-87%, for quality work that exceeds the basic requirements and expectations of the instructor.
- B- 80-81%, for adequate work that meets the basic requirements and expectations of the instructor.

- C 70-79%, to those who do adequate work but do not meet all the expectations of the instructor.
- D 60-69%, where performance of the student has been less than adequate, meeting only the minimum course requirements.
- F 59%, and below, would be given if the performance of the student has been such that minimal course requirements have not been meet.

Class Calendar:

Date	Topic	Reading to be completed before this class	Assignments Due
Monday, 8/29	Syllabus review and Basic principles		
Wednesday, 8/31	Basic principles/Review	Baker Part 1(3 – 31)	
Wednesday, 9/7	The Counselor		
Friday, 9/9	Listening skills	Baker Part 2 (32-57)	
Monday, 9/12	Constructing a conversation	Baker Part 3 (58-77)	
Wednesday, 9/14	Challenging Skills		
Monday, 9/19	System Theory/Genogram Pre-marital/Marital counseling	Baker, Part 4 (79-104)	
Wednesday, 9/21	Common problems – what you might face		Genogram due
Monday, 9/26	Pre-marital/Marital counseling	Baker, Part 5 (106 – 130)	
Wednesday, 9/28	Sex and Sexual issues		
Monday, 10/3	Role Play	Baker, Part 6 (131 – 161)	
Wednesday, 10/5	Systems theory		Self-Reflection Project due
Monday, 10/10	Role Play		
Wednesday, 10/12	Abnormal psychology – DSM IV		
Wednesday, 10/19	Role Play	Baker, Part 7 (165-183)	
Friday, 10/21	Boundaries/Defense Mechanisms		
Monday, 10/24	Role Play	Baker, Part 8 (189-211)	
Wednesday, 10/26	Trauma, Death, grief and loss review		
Monday, 10/31	Role Play	Baker, Part 9 (212-236)	
Wednesday, 11/2	Gender and cultural issues		
Monday, 11/7	Role Play	Baker, Part 10 (238-259)	
Wednesday, 11/9	Processing Role Plays		
Monday, 11/14	Book Review - discussion	Baker, Part 11 (260-284)	DVD due
Wednesday, 11/16	Effective Counseling		Peer Review

Caveat:

The preceding procedures and class schedule are subject to change in the event of extenuating circumstances with the approval of the Director of Curriculum

Instructor Office Hours: Available by appointment.

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Office Location:

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