

COU 602
Theories of Counseling and Practice II
Winter II 2007

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Course Description

A study of basic theories, principles, and techniques of counseling and of their application to therapeutic settings. Students actively practice counseling skills.

PRESENTATION OF THEORY ROLE PLAY:

Student(s) will prepare a 45-minute role play of an assigned theory. The role play should demonstrate how the assigned theory is applied to a counseling session. Situation and dialogue will be created by the student(s). Students not participating in the role play will be observers of the role play and identify, in writing, the theory and techniques used in the role play. Students who are assigned the theory for the week will give a 10 minute presentation on the week's assigned theory.

END OF TERM ROLE PLAY:

Week 9 the instructor will do a 45-minute role play for the students to critique. This will be an eclectic session where students will use their knowledge of all the theories discussed/presented throughout the term.

QUIZZES:

There will be a 10-question quiz each week. This is to give students the feel for the multiple choice questions on the NBCC licensure exam.

PAPER:

A 4-5 page paper on the meaning of being "selective eclectic" will be due Week 8. This paper is to be written in accordance with APA style guidelines. Check your Student Manual or on line for a synopsis of APA formatting.

STUDENT MANUAL

The text for this course comes with a student manual and video tape showing applications of the theories in the text. The tape is a very helpful tool to guide you in your class role play.

PARTICIPATION:

A high premium is placed by the instructor on class participation. Ideal class participation, that which earns the highest number of participation points, will exemplify the following:

Integrating class readings into participation: Often cites from readings; uses readings to support points; often articulates fit of readings with the topic at hand and,

Interaction in classroom discussions: Always a willing participant; responds frequently to questions; routinely volunteers point of view, and,

Interaction in classroom learning activities: Always a willing participant; acts appropriately during all role plays, etc.; responds frequently to questions; routinely volunteers point of view.

ATTENDANCE:

There is no way a student can “makeup” missing a class. If you need to miss a class, notify the instructor as soon as possible. If you miss one class, your grade will drop one grade level (Example, A to A-). Missing more than one class is not acceptable. You will need to drop or retake the course with approval from the instructor and the Graduate Office.

GRADING:

Attendance	20%
End of Term Role Play	20%
Student Role Play	20%
Participation	20%
Quizzes	10%
Paper	10%

Students must successfully complete each section of this course in order to receive a passing grade.

ASSIGNED THEORIES:

Week 2	Psychoanalytic Theory (Read pages 1-92 in the textbook)
Week 3	Adlerian Therapy
Week 4	Existential
Week 5	Person-Centered Therapy

Week 6	Gestalt Behavior Therapy
Week 7	Cognitive Behavioral Reality Therapy
Week 8	Postmodern Approaches Family Systems Therapy
Week 9	Gloria Tape Final Student Observation

ASSIGNED TEXT:

Theory and Practice of Counseling and Psychotherapy, Gerald Corey and accompanying student manual.