



ARGOSY UNIVERSITY.

San Francisco Bay Area

COURSE SYLLABUS

PC 6105b

Counseling Skills II

Summer 2011

Program:	M.A. - Counseling Psychology
Faculty Name:	Ian J Wallace, PhD
Contact Information:	iwallace@argosy.edu; 510-217-4746 (email preferred)
Format:	On Campus
Class day/time:	Tuesdays, 2-5pm; room TBD
Office Hours:	By appointment

Course description:

This is an extension of Counseling I (PC6104) and an integration of counseling methods and strategies. The topics covered are interviewing, goal setting, creating a therapeutic alliance, and session structuring.

Course Pre-requisites: PC6104

Required Textbook:

Sommers-Flanagan, J., & Sommers-Flanagan, R. (2008). *Clinical interviewing* (4th ed.). Hoboken, NJ: John Wiley & Sons. ISBN: 978-0-470-18359-5

Recommended Texts:

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.

Barlow, D. H. (Ed.). (2007). *Clinical handbook of psychological disorders: A step-by-step treatment manual* (4th ed.). New York: The Guilford Press.

Norcross, J. C., VanderBos, G. R., & Freedheim, D. K. (Eds.). (2011). *History of psychotherapy: Continuity and change* (2nd ed.). Washington, DC: APA Books. ISBN: 978-1-4338-0762-6

Spitzer, R. L., Gibbon, M., Skodol, A. E., Williams, J. B., & First, M. B. (Eds.). (2002). *DSM-IV-TR casebook: A learning companion to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision*. Arlington, VA: American Psychiatric Publishing, Inc.

Strunk, W., Jr., & White, E. B. (2000). *The elements of style* (4th ed.). Needham Heights, MA: Allyn & Bacon.

Course length: 15 Weeks **Contact Hours:** 45 Hours **Credit Value:** 3

Final Date to Drop the Class:

- In order to receive a refund of 100%, students must officially drop this course through Student Services by **May 21, 2011**, the final day of the add/drop period.
- After the add/drop period, to receive a grade of “W” (Withdrawal) you must officially drop this class by **July 16, 2011**. You may not withdraw from the course after this date. If you choose to discontinue coursework after the final drop date, you may receive grade of “F” for the course.

Course Objectives:

- 1) To further explore the unique qualities of a therapeutic relationship (e.g., how they differ from other relationships, the necessary components of the therapeutic relationship).
- 2) To begin to choose a theoretical orientation and to understand the challenges of conducting a therapy session using that theory.
- 3) To understand the ways in which a therapist’s personal experiences and culture as well as their client’s experiences and culture influence the therapeutic process.
- 4) To develop a deeper understanding of the therapeutic change process including the importance of a client’s theory of change.

Assessment

Participation (20%; 100 points)

- Be present for the entirety of each class. Missing classes will result in a lowered participation grade (-5 for each missed class after the first missed class). Actively engage in class discussions, lecture, and exercises.

Practice Therapy Session: Exercise and Evaluation (40%; 200 points)

- Detailed instructions to be provided

Research Paper (20%; 100 points)

- Minimum of 5 pages (including cover and references pages)
- Follow APA style
- Minimum of 5 references, 3 of which must be peer-reviewed journal articles
 - No citing secondary sources (see 6th edition APA Manual of Style p. 178 section 6.17).
- Topics must be related to the focus/content of the course (i.e., focus on the skills).
- **Summary and list of references are due electronically by class the week of July 11**

- **Research papers are due electronically (in Microsoft Word) at the beginning of class the week of August 8.**

Final Exam (20%; 100 points)

- Format will be multiple choice and short essay

Grading Criteria

	<u>Percent (%)</u>	<u>Points</u>
A	93 – 100	463 – 500
A-	90 – 92	448 – 462
B+	87 – 89	433 – 447
B	83 – 86	413 – 432
B-	80 – 82	398 – 412
C+	77 – 79	383 – 397
C	73 – 76	363 – 382
C-	70 – 72	348 – 362
F	< 70	< 348

Schedule:

Week of	Topic	Reading	Assignment due	Other/ Notes
May 9	Course introduction and overview; History of psychotherapy	Chapter 2 in <i>Clinical Interviewing</i> ; Chapters 1 and 2 in <i>History of Psychotherapy</i>		
May 16	The interview process	Chapter 6 in <i>Clinical Interviewing</i>		Add/drop period ends 5/21/2011
May 23	Intake interviewing and report writing	Chapter 7 in <i>Clinical Interviewing</i>	Deadline to sign up for practice therapy session	
May 30 Memorial Day Campus closed	NO CLASS			
June 6	The mental status examination	Chapter 8 in <i>Clinical Interviewing</i>		
June 13	Suicide assessment	Chapter 9 in <i>Clinical Interviewing</i>		
June 20	NO CLASS			
June 27	Diagnosis and treatment planning	Chapter 10 in <i>Clinical Interviewing</i>		

July 4 Independence Day Campus closed	NO CLASS			
July 11	Challenging clients and demanding situations	Chapter 11 in <i>Clinical Interviewing</i> ; Chapter 15 section d in <i>History of Psychotherapy</i>	Research paper summary and references	Final date to withdraw with a grade of 'W': 7/16/2011
July 18	Interviewing young clients	Chapter 12 in <i>Clinical Interviewing</i> ; Chapter 13 sections a & b in <i>History of Psychotherapy</i>		
July 25	Interviewing couples and families	Chapter 13 in <i>Clinical Interviewing</i> ; Chapter 14 sections a & b in <i>History of Psychotherapy</i>		
August 1	Interviewing in a diverse and multicultural world	Chapter 14 in <i>Clinical Interviewing</i>		
August 8	The future of counseling skills in psychotherapy	Chapter 19 in <i>History of Psychotherapy</i>	Research paper	
August 15	FINAL EXAM			

Course Policies:

Attendance – Missing classes will result in a lowered participation grade (-5 for each missed class after the first missed class). If you must miss a class, please get the lecture/discussion notes from a classmate. Please discuss any planned absences with me as far in advance as possible. Please turn off cell phones and other electronic devices during class.

Tardiness – It is extremely important that students arrive on time to class. Tardiness at the start of class, as well as after breaks will result in subtracting points from your participation grade.

Assignments – Any assignment turned in late will automatically be lowered one full grade for each day late. Assignments are considered late if they are turned after the start of class on the date the assignment is due. Assignments will not be accepted after the final day of the semester.

Class participation – Please read assignments in advance and be prepared to discuss what you have read. I will note the thoughtfulness, relevance, and accuracy of your discussion

contributions. Be aware that class discussions may at times provoke or elicit strong emotions. Therefore, please be mindful of what you choose to share and also be sensitive to the thoughts and feelings of your fellow classmates.

Professional ethics – Students are expected to conduct themselves in a professional manner. At all times, students are expected to adhere to the ethical guidelines established by the American Psychological Association. For further information, reference the academic dishonesty/plagiarism statement in Appendix A.

Appendix A

Technology:

Pentium III CPU/ Windows 98; 128MB RAM, printer; Microsoft Office Acrobat (full version), Microsoft Internet Explorer 5.5 (PC) 5.0 (MAC) or Netscape Navigator 4.08. Norton Antivirus.

Communication:

If you choose to use an email address other than the assigned Argosy email, please be advised that you do so at your own risk. **Any difficulty receiving Argosy emails will be your responsibility. The library staff is available to help resolve these difficulties.**

Library

All resources in Argosy University's online collection are available through the Internet. The campus librarian will provide students with links, user IDs, and passwords.

Library Resources: Argosy University's core online collection features nearly 21,000 full-text journals and 23,000 electronic books and other content covering all academic subject areas including Business & Economics, Career & General Education, Computers, Engineering & Applied Science, Humanities, Science, Medicine & Allied Health, and Social & Behavior Sciences. Many titles are directly accessible through the Online Public Access Catalog at <http://library.argosy.edu> and also at <http://thecampuscommon.com/library/auo/login.aspx>. Detailed descriptions of online resources are located at <http://library.argosy.edu/misc/onlinedblist.html>

In addition to online resources, Argosy University's onsite collections contain a wealth of subject-specific research materials searchable in the Online Public Access Catalog. Catalog searching is easily limited to individual campus collections. Alternatively, students can search combined collections of all Argosy University Libraries. Students are encouraged to seek research and reference assistance from campus librarians.

Information Literacy: Argosy University's Information Literacy Tutorial was developed to teach students fundamental and transferable research skills. The tutorial consists of five modules where students learn to select sources appropriate for academic-level research, search periodical indexes and search engines, and evaluate and cite information. In the tutorial, students study concepts and practice them through interactions. At the conclusion of each module, they can test their comprehension and receive immediate feedback. Each module takes less than 20 minutes to complete. Please access the tutorial directly at <http://library.argosy.edu/infolit/>

Academic Policies

Academic Dishonesty/Plagiarism: In an effort to foster a spirit of honesty and integrity during the learning process, Argosy University requires that the submission of all course assignments represent the original work produced by that student. All sources must be documented through scholarly references/citations and all work must be submitted using the *Publication Manual of the American Psychological Association, 6th Edition (2009)* Washington, DC: American Psychological Association (APA) format. Students are encouraged to purchase this manual (required in some courses) and become familiar with its content as well as consult the Argosy

University catalog for further information regarding academic dishonesty and plagiarism. “Students found guilty of academic dishonesty or plagiarism shall be subject to disciplinary action up to and including dismissal from Argosy University” (2010-1011 Argosy University Academic Catalog—Graduate Programs | Volume 1, Issue 1, p. 17; Argosy University Academic Catalog, College of Psychology and Behavioral Sciences, p. 27).

MACP APA Style Requirements

Minimum required elements of APA style for written assignments in first year courses include the following:

- Cover page that meets APA style requirements of elements and formatting (i.e., title of paper, name, course number/course name, Argosy University, semester or term and year, running head in left header, and page number in right header)
- Body of paper with critical voice (e.g., synthesis of opinions/ comments) supported by paraphrasing of credible sources using the two styles of APA citing (out-of-text and in-text) with correct punctuation; avoid use of 1st person singular “I” (except personal reflection papers) and 2nd person singular “you;” use of third person plural “we” acceptable to reflect universal human experience
- Quoted passages to include author, year, and page number; emphasis on paraphrasing with minimal use of quotations to support critical voice. No citing secondary sources (see 6th edition APA Manual of Style p. 178 section 6.17).
- Reference page that meets APA style requirements to include appropriate sources (e.g., no Wikipedia), references that match citations (e.g., no references listed that are not also cited), and correct formatting/punctuation
- APA style formatting to include 1” margins, running head in left header, page number in right header, Times New Roman 12 point font, left justification of all passages, indentation of 5 spaces for new paragraphs, and double-spaced
- Grammatical and punctuation errors edited to address incomplete sentences, run-on sentences, awkward sentences, inconsistent verb tense, inconsistent pronoun use, redundancy of ideas/words, use of extremes or superlatives (e.g., “always,” “never,” “very,”) and conversational or idiomatic language

Scholarly writing: The faculty at Argosy University is dedicated to providing a learning environment that supports scholarly and ethical writing, free from academic dishonesty and plagiarism. This includes the proper and appropriate referencing of all sources. You may be asked to submit your course assignments through “Turnitin,”(www.turnitin.com), an online resource established to help educators develop writing/research skills and detect potential cases of academic dishonesty. Turnitin compares submitted papers to billions of pages of content and provides a comparison report to your instructor. This comparison detects papers that share common information and duplicative language.

Use Turnitin to review your papers before submitting them (Note: This service is only to review your paper. Final submissions are to be submitted directly via e-mail to iwallace@argosy.edu). Follow these instructions:

1. *Create an account (skip this step if you already have a student account)*

- To create a student account, go to www.turnitin.com and click on “Create Account” in the upper right corner of the page.
- Scroll down to under the subheading “Create a New Account” and click on “student”.

- Complete your registration by entering all the requested information. You will need the following:
 - Class ID: **3949364**
 - Enrollment password: **Wallace6105**
 - Once all information is entered, click on “I agree – create profile”.
2. *Enroll in a class*
- Go to www.turnitin.com
 - In the upper right corner of the page, login using your email and password.
 - In the middle of the page, you will see a list of the classes you are currently enrolled in through Turnitin (Note: this online program is separate from the AUSFBA system and will only show classes for which you have enrolled in through Turnitin).
 - To enroll in a new class, click on the tab “enroll in a class”.
 - Enter the class/section ID and enrollment password. For this class enter the following:
 - Class ID: **3949364**
 - Enrollment password: **Wallace6105**
3. *Submit a paper*
- Click on the class to which you want to submit a paper.
 - Then click on the “submit” button on the right side of the page.
 - Enter the requested information, including uploading your paper, then click “upload”.
 - Next, you are given the chance to review your paper, before clicking “submit”.
 - To view the originality report generated for your submission, return to the specific class and click “show details”, located next to the submission you want to view. Then click on the % under the Originality heading.

Americans with Disabilities Act Policy

It is the policy of Argosy University to make reasonable accommodations for qualified students with disabilities, in accordance with the Americans with Disabilities Act (ADA). If a student with disabilities needs accommodations, the student must notify the Director of Student Services. Procedures for documenting student disability and the development of reasonable accommodations will be provided to the student upon request.

Students will be notified by the Director of Student Services when each request for accommodation is approved or denied in writing via a designated form. To receive accommodation in class, it is the student’s responsibility to present the form (at his or her discretion) to the instructor. In an effort to protect student privacy, the Department of Student Services will not discuss the accommodation needs of any student with instructors. Faculty may not make accommodations for individuals who have not been approved in this manner.

The Argosy University Statement Regarding Diversity

The Argosy University provides equitable access through its services and programs to students of any social, geographic and cultural background, regardless of gender, and strives to prepare all candidates to work with and provide services to diverse populations. Argosy demonstrates its commitment to diversity through the development and support of a diverse educational community.

Appendix B

Program Outcomes for the Master's of Arts in Counseling Psychology

1. Professional Practice

Competency 1a: Assessment and Skills

- Formulate assessments of psychological functioning and apply therapeutic intervention strategies when working with individuals, couples, families, and groups, toward the development of optimal mental health.

Competency 1b: Theory

- Interpret and apply psychological and developmental theories to therapeutic intervention strategies.

Competency 1c: Writing

- Employ media and technology when presenting counseling information orally and in writing, so that the presentation is concise, organized, well supported, professional, and appropriate to the audience.

2. Research

- Analyze research, and translate research findings for improvement of counseling services using statistics and program evaluation methods.

3. Interpersonal Effectiveness and Professional Development

- Students will develop positive relationship skills that promote personal and professional development via effective communication, encouragement, empathy, respect for others, self-awareness, and other-awareness.
 - Apply active listening communication skills in interpersonal scenarios to establish empathetic relationships.
 - Analyze the importance of effective nonverbal communication skills in interpersonal relationships.
 - Solicit and utilize feedback to build and maintain interpersonal relationships.

4. Ethics

- Using the American Counseling Association's Standards of Practice /or the American Psychological Association's Ethical Code, as well as, and local state law as it applies to the behavior of mental health professionals, identify ethical dilemmas and apply ethical decision-making strategies while engaging in professional activities.

5. Diversity

Competency 5a: Multicultural Skills

- Provide assessment, counseling, and consultation services in work with clients by applying psychological and multicultural theories and research to diverse populations, and modifying interventions as needed to work effectively with diverse clients.

Competency 5b: Multicultural Awareness

- Examine personal values and biases, reflect on beliefs, and understand how they impact Page 9 work with clients and interpersonal relationships with other students and faculty.

Competency 5c: Multicultural Knowledge

- Identify and assess the complexity and multidimensionality of cultural/diversity theories and issues in the field of counseling psychology while working with clients and interpersonal relationships with other students and faculty.