

**COURSE SYLLABUS
ARGOSY UNIVERSITY: SF BAY AREA CAMPUS**

COUNSELING SKILLS II

PC 6105B Summer 2009

Course Dates: May 11- August 18: Tuesdays 9-12

Instructor:

Kim Huselid, MA, MFT

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Instructor bio:

Kim is a licensed Marriage and Family Therapist. A former half time faculty member, at Argosy, she now comes to teach in an adjunct capacity. She has a full time private practice in Oakland where she sees children, adolescents, adults and couples. Kim trained, intensively, in Psychoanalytically Informed Psychodynamic Therapy at the Ann Martin Center in Piedmont, California. She consults with adults and children facing life-limiting illness and has worked, on a consulting basis, at John Muir Medical Center and Children's Hospital Oakland. Currently she, also, consults and provides direct service to the George Mark Children's House, a pediatric center for end of life, respite and transitional care.

NOTE: The best way to reach me with assignment questions is via email, huselidargosy@yahoo.com . Please contact me with any questions you have about assignments as well as any special needs you might have in completing them. If you are going to miss a class, or be late, please call me to let me know.

Course description: Counseling Skills Two is a course designed to deepen your understanding of how psychotherapy works toward human growth and change. In this class we learn to link technique to theory and to link theory to ideas of how humans change. You will explore, in depth and in a therapist's office, one theoretical orientation and how it looks in practice. You will learn from your own experience as well as from the presentations of the experiences of your classmates.

Final Date to Drop the Class:

To receive a "W" grade a student must officially drop this class by the date listed below that corresponds to this course's term and length (indicated by bold type). Students may not withdraw from this course after the date this date. If a student chooses to discontinue course work after the final drop date, the student may receive an "F" grade for the course.

Summer Session I (7.5 week courses): June 11, 2009

Summer Session II (7.5 week courses): August 3, 2008

Summer Full Term (15 week courses): July 14, 2008

Course length: 15 weeks

Contact hours: 45

Credit Value 3.0

Program Outcomes: Master of Arts in Counseling Psychology

Program Outcome One: Professional Practice

Competency 1: 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 2: Theory

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

Competency 3: 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.

Program Outcome Two: Research

Competency 1: Analyze research, and translate research findings for improvement of counseling services using statistics and program evaluation methods.

Program Outcome Three: Interpersonal Effectiveness and Professional Development

Competency 1: 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.

- a. Apply active listening communication skills in interpersonal scenarios to establish empathetic relationships.
- b. Analyze the importance of effective nonverbal communication skills in interpersonal relationships.
- c. Solicit and utilize feedback to build and maintain interpersonal relationships.

Program Outcome Four: Ethics

Competency 1: 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.

Program Outcome Five: Diversity

Competency 1: 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 2: Multicultural Awareness

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

Competency 3: 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.

Course Objectives:

1. To further explore what therapy is. How is a therapeutic relationship different from other relationships? What do we need to know about ourselves to be helpful as professional therapists?
2. To be able to identify some of the technical differences between theoretical orientations. How to tell what a therapists orientation is by observing and/or experiencing a session.
3. Begin to choose a theory and begin able to understand the challenges of conducting a therapy session using that theory.
4. To understand how the therapists personal therapeutic experiences, as well as life experiences, affect their abilities to be helpful or increase the possibilities that they will not.
5. To begin to understand the differences between working with children and adolescents and working with adults.
6. To get you to think about change and how it happens.

REQUIRED TEXTS:

Kottler, Jeffrey et al. Introduction to Counseling: Voices from the Field

Kottler, Jeffrey. Bad Therapy

Kottler, Jeffrey. The Therapist's Workbook

Note: Any addition of the above books is fine.

Recommended Texts:

Weinberg, George, The Heart of Psychotherapy

Kottler, Jeffrey, On Being a Therapist.

McWilliams, Nancy, Psychoanalytic Diagnosis

Lerner, Harriet, Women in Therapy

ASSIGNMENTS:

An assignment and reading list will be given to you on the first day of class.

The major assignment for this class will involve interviewing a Masters level clinician from the community. This will need to be someone you have **NEVER** met before. I am collecting a list of therapist volunteers from the community and will do my best to help you find someone. You are also free to contact someone you are interested in learning more about. Please note this needs to be someone licensed as an MFT. This assignment will include a research paper, as well as a presentation regarding a specific theoretical orientation and how it 'works' in practice. We'll talk a lot about this on Day One.

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>. 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 view the tutorial 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 normal scholarly references/citations and all work must be submitted using the *Publication Manual of the American Psychological Association, 5th Edition (2001)*. Washington DC: American Psychological Association (APA) format. Please refer to Appendix A in the *Publication Manual of the American Psychological Association, 5th Edition* for thesis and paper 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.

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.

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

Argosy University prepares students to serve populations with diverse social, ethnic, economic, and educational experiences. Both the academic and training curricula are designed to provide an environment in which students can develop the skills and attitudes essential to working with people from a wide range of backgrounds.