

**Introduction to counseling
PSY 383**

Instructor: Dr. Elena Molchanova, MD
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Meeting times: Tue, Wed. 9.25
Credit hours: 3
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Required textbooks:

Jones C., Shillito-Clarke C., et al (2000). *Questions of Ethics in Counselling and Therapy* Open University Press, 190 pgs.

.Thompson Rosemary (2003). *Counseling Techniques: Improving Relationships with Others, Ourselves, Our Families, and Our Environment*. 478 pgs.

Fall K., Miner Holder J., Marquis A., Brunner-Routledge (2004) *Theoretical Models of Counseling and Psychotherapy* 500 pgs.

Additional texts:

Michael J. Mahoney (1991) *Human Change Processes: The Scientific Foundations of Psychotherapy* Basic Books. 596 pgs.

You will find all necessary materials via on-line (www.e-courses.auca.kg) and I hope you've already known the registration procedure.

Description of Course Content:

This course is designed to provide a general introduction to the field of counseling psychology. We will begin by learning about the history of the profession and its relationships to other specialties within and outside of psychology. Then, we will discuss the primary theoretical perspectives that guide the work of counseling psychologists. We will also explore contemporary issues that influence the counseling profession, including ethics, assessment and working with diversity. Finally, students will have an opportunity to learn about training, job settings, and activities in which counseling psychologist are involved.

Along the way, we will consider contextual factors that can impact the counseling process (e.g., gender, social status, culture, ethnicity/race, sexual orientation) and explore the psychological mechanisms that promote change in people's lives.

Student Learning Outcomes:

1. Become familiar with major schools of counseling
2. Learn methods for development, research, and dissemination of evidence-based counseling
3. Gain an understanding of the educational requirements of various clinical and counseling psychology professions and review career paths for helping professions.
4. Apply knowledge of counseling method by developing a treatment plan

Course structure

The course will be taught through multiple modes of teaching including lecture, small group discussion, videos and in-class activities. During lectures we will review research findings and applications that may not be discussed in your textbook or readings. As a result, you are strongly encouraged to attend each class and take notes. Students are responsible for all information presented during class, in the text, and in the additional readings.

Grading policy:

There will be a precise algorithm of how the grade will be calculated (look at course evaluation criteria). Taking into account that many of us are susceptible to Above Average Effect (overly positive view of the self), many people in the class will feel that they deserve a higher grade because you are so “close” to it. Do not ask me to change the grade; we are not going to do that. If you feel that the evaluation of your work was not fair or you noticed some scoring mistakes in your grade, you should bring these issues to my attention immediately! If your demands are reasonable, I will be happy to remedy mistakes. After all, social psychological research demonstrates that all people are susceptible to mistakes and biases.

I would also like to remind you about the policy concerning the X grade. It will be given only in exceptional cases such as sickness and real family problems. This grade will not be given if you think that you are not getting the grade that you think you deserve.

Missed classed and Make-up Exams

There will be only few satisfactory reasons for missing exams. You may miss exams when you are sick (you should present a reference letter from a doctor), you are presenting a paper at the conference, and you have major family problems. All make-up exams will be more difficult than the original exam and will be arranged at the end of the semester.

Cheating policy

If I notice that you have submitted someone else’s work and presented it as your own, copied your answers from other exam papers or plagiarized from a published article, I will assign you an F in the course regardless of your performance in other portions of the course. I will hate to do that, but there will not be any exceptions to this rule.

Cell Phones

It is always disturbing when cell phones and beepers go off during the class. You are supposed to turn them off before every class. If you are waiting an emergency call, please, warn us before the class.

Grading system

A	95-100% from maximum amount of points	C	74-77 %
A-	90-94 %	C-	70-73 %
B+	88-89 %	D+	68 - 69 %
B	84-87 %	D	64 - 67 %
B-	80-83 %	D-	60- 63 %
C+	78-79 %	F	0-59 %

Methods of evaluation

Class Participation

Over the course of the semester, there will be numerous class discussions, group exercises, and other activities. Students are encouraged to engage in a lively discussion each class

period including contributing to discussions, asking questions, and completing group exercises. Although attendance is not mandatory, students will earn 20 points throughout the semester for class participation.

Exams

There will be a total of two exams. Each exam will be worth 50 points and will test your understanding and knowledge of the material from the texts, additional readings and *anything* covered in class during that unit. Exams may contain essay, short answer or/and multiple choice items. The final exam will be cumulative. Further information will be given about each exam as the exam date approaches.

Presentations

You will have to choose one topic to present in class. Your presentation will be worth 20 points and will include the following components:

1. Description of a case
2. Introduction to the counseling school you would like to choose for psychological intervention
3. Description of the main methods of the psychotherapeutic school
4. Description of the ethical issues you might face while treating this client.
5. Brief conclusion
6. Reference page

Writing Project:

- To test the application of your knowledge of psychotherapeutic methods, you will be asked to select a movie in which a main character struggles with a psychological issue or problem and develop a treatment plan for that individual.
- Paper Length: 8-10 double-spaced pages, not including references.
- Select a movie and character to discuss in the paper.
- This selection will be due to the fourth week of study but may be turned in earlier (This will allow me enough time to watch each movie before the papers are turned in ☺). Selection may not be changed after the deadline.
- This writing project is due the 14th week of study. No late submission!
- Contents of paper:
 1. Describe the character and the nature of the character's problems. Provide examples from the movie that illustrate this point. If the person has a DSM-IV diagnosis, explain why you believe this is the case. Use the model of therapy you have chosen to help you describe the character's problems. For example, if you chose cognitive therapy as your model, you might describe how the character has negative thoughts about himself, his future, or the world in general.
 2. Select a form of psychotherapy that you believe might be helpful for that character. Explain why you chose this form of therapy for your character. Why do you think it suits his or her problems well? How is it better for your character than other therapies? This could include the types of problems the person experiences or

something about the personality of the character that makes him or her best suited for the therapy model you have chosen.

3. Create a goal list for the character. Include short-term and long-term goals. What problems could benefit from intervention (e.g., drinking problems, conflict with another person, angry outbursts)? Why do you think help is needed in these areas? If the person were successful in treatment, how would he or she be different at the end of treatment? What would you observe in the character that would be a sign of improvement?
4. Think about how the treatment method you have selected might apply to the character. Describe which methods might be helpful for each of the problems in the goal list. Try to match each goal with a type of intervention from the model you have chosen.
5. If you were the therapist, what challenges might you encounter in attempting to treat this character? What is it about the character that might present a challenge? What is it about you that might create a challenge?
6. Create one page of dialogue between you, acting as therapist, and the character, in which you attempt one of the interventions from the therapy you have chosen.

To maximize number of points received for this project:

- All 6 elements must be included
- Include references from the textbooks and other sources to substantiate your points about treatment or about the character's problems
- Use APA style for your references. Use the *Publication Manual of the American Psychological Association: Fifth Edition*

Course schedule is a matter of change. The first topics will include history and philosophy counseling, ethical issues in counseling, discussion of professional skills and personal characteristics of counseling. The other topics will include introduction to different schools of counseling and psychotherapy.