CNEP 5308 COUNSELING THEORIES

I. Course Description (3 semester hours)
This course provides an overview of the major theories and techniques in counseling. Each theory is presented with its historical development, key concepts, therapeutic process, and application for appropriate counseling intervention. The focus is to help students begin to develop a personal model of counseling. The course also addresses basic issues in counseling practice, standards of preparation, legal considerations, certification, and licensure.

II. Rationale
This course is designed to set a theoretical foundation to help students apply theory to practice and begin to develop a personal model of counseling. It should be taken early in a student’s counselor preparation program.

III. State Adopted Proficiencies for School Counselors
- Understanding the counseling and consultation theories and practices, career development theories, and assessment.
- Creating an environment which supports creative problem solving.
- Promoting the worth, dignity, individuality and potential of individuals.
- Using theories of individual and group counseling.
- Understanding of needs assessment.
- Understanding of consultation and mediation function of school counselors.

IV. TExES Competencies
- Competency 001 (Human Development): The school counselor understands processes of human development and applies this knowledge to provide a developmental guidance program, including counseling services that meet the needs of all students.
- Competency 008 (Collaboration with Families): The school counselor knows how to communicate effectively with families and establish collaborative relationships that enhance work with students.
- Competency 009 (Collaboration with Others in the School and Community): The school counselor understands how to work collaboratively with other professionals and with community members to promote positive change and to facilitate student
learning.

- **Competency 010 (Professionalism):** The school counselor understands and complies with ethical, legal, and professional standards relevant to the profession.

V. **Course Objectives/Learning Outcomes**

*This course is designed to meet CACREP II 2009 Standards. The following standards are covered in this course. The standards shown in bold type are the targeted course objectives assessed throughout the semester. See XIV. Rubrics for details.*

A. **Course Objectives**

**CACREP II 2009 Standards**

**Common Core**

- Know theories of multicultural counseling, identity development, and social justice (CACREP Standard II-G-2-c)
- Understand theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment (CACREP Standard II-G-3-g)
- Know counselor characteristics and behaviors that influence helping processes (CACREP Standard II-G-5-b)
- Understand essential interviewing and counseling skills (CACREP Standard II-G-5-c)
- Know counseling theories that provide models to conceptualize client presentation and help with the selection of appropriate counseling interventions (CACREP Standard II-G-5-d.a)
- Know models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling (CACREP Standard II-G-5-d.b)
- Understand a systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions (CACREP Standard II-G-5-e)
- Understand current literature that outlines theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders (CACREP Standard II E-3)

**Clinical Mental Health Counseling**

- Understand a variety of models and theories related to clinical mental health counseling, including the methods, models, and principles of clinical supervision (CACREP Standard III-A-5)

**Marriage, Couple, and Family Counseling**

- Understand a variety of models and theories of family counseling (CACREP Standard III-A-5)

**School Counseling**

- Know the theories and processes of effective counseling and wellness programs for individual students and groups of students (CACREP Standard III-C-1)
B. Learning Outcomes

This course infuses the Learning Objectives of CACREP II Standards, the State Adopted proficiencies and the TExES competencies listed above to enable students to demonstrate understanding of the following objectives. Upon completion of the course students will:

1. **Know counseling theories that provide models to conceptualize client presentation and that help the student select appropriate counseling interventions** (CACREP Standard II-G-5-d.a) Achievement is evidenced by 100% of students developing a *Personal Counseling Model* and earning a grade of B or above. See Rubric B in section XIV.

2. **Know models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling** (CACREP Standard II-G-5-d.b) Achievement is evidenced by 95% of students completing a weekly *Case Study* applying a different theory with the same client and receiving a homework completion grade. See Rubric C in section XIV.

3. **Understand a systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions** (CACREP Standard II-G-5-e) Achievement is evidenced by 95% of students completing homework assignment, *Family Systems Therapy* and receiving a homework completion grade. See Rubric A in section XIV.

4. **Understand a variety of models and theories related to clinical mental health counseling, including the methods, models, and principles of clinical supervision** (CACREP Standard III-A-5) Achievement is evidenced by 95% of students completing a weekly *Case Study* applying a different theory with the same client and receiving a homework completion grade. See Rubric C in section XIV.

5. **Know the theories and processes of effective counseling and wellness programs for individual students and groups of students** (CACREP Standard III-C-1) Achievement is evidenced by 85% of students earning a B or Above on *Final Examination*.

6. **Understand current literature that outlines theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders** (CACREP Standard II-E-3) Achievement is evidenced by 95% of students completing a weekly *Theory Outline* for each theory and receiving a homework completion grade. See Rubric D in section XIV.

VI. **Course Topics**

The major topics to be considered are: Theoretical orientations including, philosophies of life, schools of thoughts, specific counseling theories, goals and techniques of counseling, and ethical, legal, and multicultural issues.
VII. Instructional Methods and Activities

Methods and activities for instruction include:

A. Traditional Experiences (lecture/discussion; demonstration; guest speaker; online activities; video)
B. Clinical Experiences (simulations; cooperative groups; student demonstrations or presentations; guided discovery; role play)
C. Field Experiences (Contact with professionals in the field)

VIII. Evaluation and Grade Assignment

The methods of evaluation and the criteria for grade assignment are:

Major Course Requirements

A. Examinations:
There are two examinations, a midterm and a final. Questions are objective, in preparation for state licensure examination, such as multiple-choice, true and false, and case scenarios. There will be no make-up exams given unless documentation is provided by a professional stating the reason for the absence.

B. Personal Counseling Model Paper Guidelines
1. Take the Pre and Post Assessment of Your Theoretical and Conceptual Orientations: (Neukrug, E.S. (2011)
2. Develop Personal Counseling Model
3. Create a fictitious client and apply your mode
4. See Rubric B in section XV for details.

C. Case Studies:
Case studies are prepared in advance of the class session to ensure full class participation and to earn a homework grade.

The grading system is based on the accumulation of points.

A. Method of Evaluation: B. Grading Scale:

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midterm Exam</td>
<td>50</td>
<td>16.7%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100</td>
<td>33.3%</td>
</tr>
<tr>
<td>Personal Counseling Model</td>
<td>100</td>
<td>33.3%</td>
</tr>
<tr>
<td>Homework/Case Studies</td>
<td>36</td>
<td>12.0%</td>
</tr>
<tr>
<td>Group/Class Participation</td>
<td>14</td>
<td>04.7%</td>
</tr>
<tr>
<td>Total</td>
<td>300</td>
<td>100%</td>
</tr>
</tbody>
</table>

IX. Course Schedule and Policies

A. Course Schedule and Assignments

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Jan 24</th>
</tr>
</thead>
<tbody>
<tr>
<td>ORIENTATION (Syllabus, Blackboard, Class Structure, Group Formation…)</td>
<td>CHAPTER 1 INTRODUCTION AND OVERVIEW</td>
</tr>
<tr>
<td>THERAPEUTIC APPROACHES (11)/INTAKE INTERVIEW AND AUTOBIOGRAPHY OF CASE STUDY/STAN</td>
<td></td>
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<tr>
<td>Week 2</td>
<td>Week 3 Feb 7</td>
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<tr>
<td>Jan 31</td>
<td>PSYCHOANALYTIC THERAPY</td>
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<tr>
<td></td>
<td>Read Chapter 2 and 3 (Case Study)</td>
</tr>
</tbody>
</table>

Final Exam Chapters 8-15
B. Class Policies

• Students are expected to attend all class and to be on time.
• Students are expected to be courteous by turning off cell phones and/or other electronic devices during class.
• Students are expected to notify the professor if an unavoidable absence is required and he/she should consult with small group members about class notes, handouts, and/or exercises. Points (15) will be deducted from the final grade for three or more absences except in extenuating circumstances.
• Students are expected to consult Blackboard to prepare assignments ahead of time to avoid a late penalty. All late assignments will receive a ten-percent late penalty.
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• Students are expected to participate actively in class and complete journal assignments.
• Students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.) In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test will result in no credit for the work in question.
• Students please consult with professor before deciding to drop a class. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. Check for the last day to drop a class with an automatic grade of “W” this term.

X. Textbook

The textbook adopted for this course is:

Optional Texts:


Web Resources

• Class Notes and Assignments: http://www.tamucc.edu
• Current Students SAIL / Blackboard
• Counseling Listserv: http://listserv.tamucc.edu/mailman/listinfo/counsel-list
• ISLANDER e-mail account (First, go to S.A.I.L. for your new ID #, Next, go to http://newuser.tamucc.edu for your new e-mail account)
XI. Bibliography


XII. Grade Appeals
As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. Disabilities Accommodations
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability
XIV. Rubrics

A. Family Systems Therapy

• Name of theory: Family Systems Therapy
• Theoretical Paradigm: Systems
• Prominent Theorists: Alfred Adler, Murray Bowen, Rudolf Dreikurs, Salvador Minuchin, Virginia Satir, Carl Whitaker

• Provide the following information for each theorist:
  Major Focus
  Basic Assumptions of Human Nature
  Key Concepts
  Goals of Counseling
  Role and Function of Family Therapists
  Techniques and Approaches
  Considerations (include strengths and weaknesses)

• Define Key terms:
  Boundary
  Coaching, Coalition, Conjoint family therapy
  Differentiation of self, Disengagement
  Enactment, Enmeshment, Experiential therapy
  Family dysfunction, Family life cycle, Family life-fact chronology, Family of origin
  Family rules, Family sculpting, Family structure, Functional family
  Genogram
  Hierarchical structure, Human validation process model
  Identified patient
  Joining
  Metaframeworks, Multigenerational transmission process, Multilensed process of Family Therapy
  Paradoxical directive
  Reframing
  Strategic therapy, Structural therapy
  Triangle, Triangulation

Homework Grade: Credit/No Credit

Rubric for Credit: Completed all questions as assigned.

Examples:
B. **Personal Counseling Model Paper Guidelines/Rubric**

A. **Complete steps 1 and 2 below.**

   [http://www.odu.edu/~eneukrug/therapists/survey.html](http://www.odu.edu/~eneukrug/therapists/survey.html) 3 Pts/Points Earned ____

   [http://www.odu.edu/~eneukrug/therapists/survey.html](http://www.odu.edu/~eneukrug/therapists/survey.html) 3 Pts/Points Earned ____

B. **Use APA style (Title page, font, double-spaced, outline, and references)** 5 Pts/Points Earned ____

C. **Apply Halbur and Halbur’s (2011) Intentional Theory Selection Model, (ITS):**

   a. **LIFE PHILOSOPHY-** Examine your views, beliefs, and values through which you see the world around you. Include:
      - What has shaped your life? 3 Pts/Points Earned ____
      - How do you see others? 3 Pts/Points Earned ____
      - What keeps you going? 3 Pts/Points Earned ____
      - What gives you inspiration? 3 Pts/Points Earned ____
      - [ ]

   b. **SCHOOL OF THOUGHT**
      - Describe: Psychodynamic, Humanistic/ Existential, Behavioral/ Cognitive-Behavioral, Systems, and Postmodern /Emergent. 5 Pts/Points Earned ____
      - Identify the theoretical paradigm that fits your worldview. 2 Pts/Pts Earned ____

   c. **THEORIES**
      - Describe two theories for each paradigm 1 Pt each=10 Points/Pts Earned ____
      - Identify the theory or theories that best fit your view of human nature, values, and beliefs. 2 Pts/Pts Earned ____
      - Comparing and contrasting two theories within the school of thought you identified with above. 6 Pts/Pts Earned ____

   d. **GOALS AND TECHNIQUES**
      - Explain goals and techniques for your theoretical model. 5 Pts/Pts Earned ____
      - Describe five techniques you will consider using with your clients 5 Pts/Points Earned ____

D. **Create a fictitious client and apply your model.**

   a. Write a Case. (Client description, presenting problem, intervention, session #). 8 Pts/Points Earned ____

   b. Respond to the following questions:
      - How does your life philosophy affect your view of your Client? 2 Pts/Points Earned ____
      - What theory or theories will you use with your Client? 2 Pts/Points Earned ____
      - What goals will you set? 2 Pts/Points Earned ____
      - What techniques will you use in your work with your Client? 2 Pts/Points Earned ____
c. Write a dialogue with 10 counselor responses from any place in the session (Beginning, middle, or end). Include: Goals and techniques you identified above.  
5 Pts/Points Earned _____

E. **Compare and contrast the Pre and Post results of the Assessment of Your View of Human Nature and Theoretical Orientation.**

a. Write a one-page summary  
   Address: consistencies, changes, and surprises 3 Pts each =9 Pts/Pts Earned _____

b. Attach the hard copies of the Pre and Post Assessments at the end of your final project.  
   2 Pts/Points Earned _____

Possible Points 100 / Actual Points _______

Note: Thanks and enjoy the process of discovering self!

C. **Case Studies**

Eleven theories will be assigned as homework throughout the semester. Each theory will be applied to the same case study. Case studies are prepared in advance of the class session to ensure full class participation and to earn a homework grade: **Credit/No Credit.**

**Rubric for Credit:** Completed all questions as assigned.

**Examples:**

**Case 1 Stan (Psychoanalytic Therapy)**

The psychoanalytic approach focuses on the unconscious psychodynamics of Stan’s behavior.

At the present time Stan (35) works in construction. He likes building houses, but probably won’t stay in construction for the rest of his life. He says he has always had difficulty getting along with people. He could be called a “loner”. Stan likes people in his life, but he does not seem to know how to stay close to people. He thinks that is probably the reason he drinks. He is not good at making friends or getting close to people. He stresses that he probably drinks a bit too much because he is scared when it comes to socializing. Stan doubts that others find him interesting. He feels anxious much of the time. He thinks about suicide when he feels hopeless. He wants to turn his life around and he has enrolled in college part-time. He plans to major in psychology. Stan has taken the first step and comes to you for counseling.

1. How much interest would you have in Stan’s early childhood?
2. What are some ways you would like to help Stan see patterns between his childhood issues and current problems?
3. Consider the transference relationship that is likely to be established between you and Stan. How might you react to his making you into a significant person in his life?
4. In working with Stan, what countertransference issues might arise for you?

**Case 7 Stan (Gestalt Therapy)**

Gestalt therapy focuses on the here and now, the what and how, and the relationship between client and therapist. Gestalt therapy gives special attention to existence as individuals experience it and affirms the human capacity for growth and healing through interpersonal contact and insight.

Stan tells you that he was married for a short period of time. He says his wife Joyce was a strong dominant woman who kept repeating how worthless he was. She told him she did not like being around him. Stan tells you he did not see his parents happily married. He thinks they should
have divorced because they fought most of the time. His mother constantly criticized his father. Stan remembers his parents preferred his siblings. He tells you his father would often say to him, "Why can't you be like your sister and brother?"

1. How might you begin a session with Stan using the Gestalt approach?
2. What unfinished business can you identify in Stan's case?
3. What kind of experiment would you create to assist Stan in dealing with pain, resentment, and hurt over situations with his ex-wife?
4. What are some cultural messages Stan has accepted? How might your work with Stan's cultural messages?

D. Theory Outline

Name: _______________________________ Date: _________________________

Name of theory: _______________________________________________________

Theoretical Paradigm: ____________________________________________________

Prominent Theorist (s) ____________________________________________________

Basic Assumptions of Human Nature:

_________________________________________________________________________
_________________________________________________________________________

Population Served:

_________________________________________________________________________

Goals of Counseling

_________________________________________________________________________
_________________________________________________________________________

Techniques and Approaches

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Considerations (include strengths and weaknesses)

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

Supporting Research

_________________________________________________________________________
_________________________________________________________________________
Homework Grade: Credit/No Credit

Rubric for Credit: Completed all questions as assigned.