Texas A&M University Corpus Christi  
Counseling & Educational Psychology  
College of Education  
Independent Study for Marta Pinto Monteiro  
Instructor: Dr. Richard Ricard

I. CNEP 6696 “Principles of Design & Implementation of Empirically Validation Counseling Interventions in School Settings”

II. Rationale  
The purpose of this course is to review the literature and identify the theoretical approaches most useful in developing counseling strategies for working with children and youth in school settings. Dialectical Behavioral Theory and Mindfulness techniques have been helpful to counselors in either community or school settings as they work with children and youth and their parents on academic issues in addition to concerns about attention, self-regulation and executive function.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors (NA)

IV. TEXES Competencies (NA)

V. Course Objectives/Learning Outcomes:  
A. Student will review related literature, focusing on literature that school and community counselors can utilize and draw from to counsel children and youth.  
B. Student will review counseling theories and identify ideas, approaches, and mindfulness techniques appropriate for counseling children and youth.  
C. Student will review the school counseling literature and identify approaches and strategies for counseling children and youth.  
D. Student will identify specific guidelines to assist school counselors in consulting and collaborating with parents and community professionals.  
E. Student will be able to utilize the American School Counselor Association national model for school counseling and Mindfulness techniques, and Dialectical Behavioral theory for school counseling to meet educational needs of elementary school children and youth in issues related to attention, self-regulation and executive function.  
F. Student will identify ethical and legal issues related to provision of a comprehensive school guidance program to children and youth.

VI. Course Topics  
Developmental issues of elementary school children, safe educational and learning environments, concerns of children youth in school settings, consulting and collaborating with parents and teachers, attentional and executive functions in youth in school settings, and children/ youth self-regulation skills.
VII. Instructional Methods and Activities
Researching and reading articles from counseling journals, the professional school counseling journals, as well as mental health therapy journals will be one method of collecting theoretical information. Direct interaction with elementary school children will provide access to data as well as topics to be discussed with supervisor.

VIII. Evaluation and Grade Assignment
Readings, case studies, examinations, video, and discussion will be used. Individual meetings with the instructor will be scheduled throughout the semester.

IX. Course Schedule and Policies
The researcher will meet with the professor as a supervisory contact every week or every two weeks for two hours to discuss progress and outcomes.

X. Textbook: None; see bibliography below

Bibliography


