

**EDP 605-001 Introduction to Counseling: Techniques I**  
**Fall, 1998 – Monday 1:00-3:30 P.M. TEB 207**

Dr. Kate Chard  
251D Dickey Hall  
Office #: 257-9338  
Office Hrs: MW 11-1 or By Appointment

**Text and Readings:**

Egan, G. (1994). The skilled helper (5th edition).  
Monterey, CA: Brooks/Cole. (Egan)

On reserve:

Gelso, C., & Fretz, B. (1992). Counseling psychology.  
Fort Worth, TX: Harcourt Brace Jovanovich. (GF)  
Johnson, D. (1997). Reaching Out: Interpersonal Effectiveness and Self-Actualization.  
Boston: Allyn and Bacon. (RO)  
Additional Readings (LR)

**Objectives:**

1. To clarify the professional identity of counseling psychologists.
2. To introduce students to the variety of subspecialties and settings in which counseling psychologists/counselors practice their profession.
3. To familiarize students with some of the different theoretical orientations, modalities and perspectives used in Counseling/Therapy.
4. To provide the opportunity to explore personal choices, strengths and weaknesses and to promote growth toward more optimal personal functioning necessary to be an effective counselor/therapist.
5. To teach basic communication skills in two areas:
  - a. Active listening
  - b. Interpersonal confrontation
6. To teach counseling skills basic to interviewing, relationship building and problem definition (specific to Egan Stage I).

**Prerequisites:**

Admission to the M.S. program in Counseling Psychology (Code:CNPS) or permission of the instructor.

## **Grading:**

Grading will be on the semi-criterion referenced basis, A, B, or I. An "I" will be given to anyone not meeting the criteria for a B grade or better. Students with an "I" or less than a "B" grade in EDP 605 (Introduction to Counseling) will be barred from taking Techniques of Counseling 2 (EDP661), or any other course requiring minimal competence in EDP605. A student who receives an "I" grade must negotiate a new contract with Dr. Chard to satisfy the course requirements. This contract must be completed by the end of the semester following the one in which the student was enrolled in EDP 605. If the new contract has not been fulfilled at that time, then the professor reserves the right to assign a grade (A thru E) which reflects the work completed.

## **Requirements:**

Written requirements for a B grade

1. A 1-2 page log to be submitted every Monday.
2. A 6-8 page report of a personal growth project (the acceptability of which will be judged by the course instructor).
3. Complete 4 self-counselings (1-2 pages) for appropriate skills.
4. Roleplaying a confrontation in class and achieving a rating of at least 2 (of 5). See attached sheet for criteria.
5. Proof of Professional Liability Insurance.
6. Submission of the PICS.
7. Submission of a course evaluation.

In addition for an A grade, (if you elect to try for one)

8. A written notification to the course instructor of intention of submitting a paper for an A grade.
9. A 3-5 page summary report of an interpersonal relationship project, i.e., working on an in-depth relationship with at least one other person (the acceptability of which will be judged by the course instructor), at least one page of which will evaluate the use of communication skills taught in class.
10. Roleplaying a confrontation in class and achieving a rating of at least 3 (of 5). See attached sheet for criteria.

## **Participation** requirements for all grades:

1. Active participation in the laboratory activities in the class meeting (see also list of activities) as judged by the course instructor.
2. Attendance and active participation at all sessions indicated as compulsory (\* Classes).
3. Trips to at least 3 different counseling settings for discussions with members of the on-site staff.

4. Active participation in an ongoing triad with two other class members (outside class) for at least one hour per week.
5. More than one unexcused absence (as determined by university guidelines) will result in the lowering of your final grade by 10%. Regular tardiness (more than 2) will also result in the lowering of your grade by 10%.
6. Late assignments will be penalized 10% of the total point value for each day that they are past due. If you are having difficulty with an assignment, please see me as soon as possible.

**Confidentiality:**

Maintaining confidentiality is the primary ethical principle of psychologists. If a student fails to maintain the confidentiality of clients or classmates, the student will be given an automatic failing grade in the course. In addition, the breach of confidentiality will be referred by the instructor to the Counseling Psychology Area Committee (CPAC) faculty for possible disciplinary action, including probable dismissal from the program.

## Criteria for Judgment of Confrontations

1. Lead-In/Warm-Up: Was the lead-in adequate to warm up the participants to the situation, i.e., create the right degree of seriousness, indicate support, etc. Was the lead in too long and/or indirect?
2. Confrontation Form: Was there a recognizable and distinct (a) behavioral description, (b) statement of feeling, (c) indication of consequence?
3. Confrontation Delivery: Was the statement of the confrontation direct and succinct? Was the understanding of the S.O. involved checked? Was perception of confronter clearly indicated as tentative and owned?
4. Supportive Atmosphere: Did the confronter active-listen to the S.O.? Was negotiation for meaning successful? Were the feelings of the S.O. recognized and validated? Was space given to the S.O. to express the need for clarification, time to think over the confrontation/react, etc?
5. Negotiation: Was the input of the S.O. invited? Was the suggestion for change made reasonably and flexibly? Was a mutual contract for change reached?

## EDP 605-001 Tentative Schedule Fall 1998

| <b>Date</b> | <b>Topic</b>                                                           | <b>Readings</b>                                    | <b>Outside Tasks</b>  |
|-------------|------------------------------------------------------------------------|----------------------------------------------------|-----------------------|
| 8/31        | Introductions/<br>Course requirements                                  | Syllabus<br>Handbook                               |                       |
| 9/7         | Labor Day (No Class)                                                   |                                                    | Site Visits           |
| 9/14        | Professional Identity/<br>Openness and Trust                           | RO(2,3)<br>LR                                      | Site Visits           |
| 9/21        | Communication Overview*<br>Communication Practice                      | RO(4,7)<br>PET (LR)                                | Site Visits<br>Triads |
| 9/28        | Egan Helping Model/<br>Counseling Skills Overview                      | Egan(2)<br>LR                                      |                       |
| 10/5        | Attending/<br>Content Paraphrase                                       | Egan(3), RO(4,7)<br>PET(1-5)                       | Triads                |
| 10/12       | Awareness, Feeling Reflection/<br>Empathy (Experiential Video)         | RO(5,6),<br>Egan(4), RO(7),LR                      | Triads, SC            |
| 10/19       | Genuineness, Respect,<br>Building Relationships                        | Rogers(LR)                                         |                       |
| 10/26       | Probing, Concreteness, Questioning/<br>Values Clarification (CB Video) | Egan(6)<br>LR Simon                                | Triads, SC            |
| 11/2        | Ethics/<br>Cross-cultural Counseling                                   | LR<br>RO(10)                                       | Triads, SC            |
| 11/9        | Counseling Approaches<br>(Dynamic Video)                               | RO (11)                                            | Triads, SC            |
| 11/16       | Confrontation Theory*<br>(Multimodal Video)                            | Remer & de Mesquita (LR)<br>Remer, Remer, & Watson | Triads                |
| 11/23       | Confrontation Practice*<br>Confrontation Role-Plays                    | RO(5,6,9)<br>PET(6-13)                             | Triads                |
| 11/30       | Role-Plays Continued*                                                  | “A” Paper Due                                      |                       |
| 12/7        | Role-Plays Continued*<br>Class Evaluation                              | “B” Paper Due                                      |                       |