

EDP 661-001 Techniques of Counseling
Spring, 1999 - Monday & Wednesday DH 131/9:00-11:00

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Required* and Suggested Books:

*Egan, G. The skilled helper (1st or 2nd Ed.) . (Brooks/Cole Publishing). (On reserve in Education Library)

*Egan, G. Exercises in helping skills: A training manual (Brooks/Cole Publishing).

Passons, W. Gestalt approaches in counseling (Holt, Rinehard, Winston).

Watson, D. L., & Tharp, R. G. Self-directed behavior: Self-modification for personal adjustment. (Brooks/Cole Publishing).

Meier, S. T., & Davis, S. R. The elements of counseling (3rd ed.). (Brooks/Cole Publishing).

Course Objectives:

I. To acquire Egan's Basic Counseling Skills, as follows:

Stage I

- a. Attending
- b. Primary level accurate empathy
- c. Respect
- d. Genuineness, congruency
- e. Concreteness
- f. Keeping confidentiality

Stage II

- a. Information giving
- b. Summarizing
- c. Advanced level accurate empathy
- d. Self-involving
- e. Immediacy
- f. Confrontation

Stage III

- a. Goal setting
- b. Specification of action change plan
- c. Support

2. To become familiar with a variety of techniques from different counseling theories.
3. To begin integrating counseling theories, skills and techniques.
4. To explore personal and interpersonal areas that are facilitative of or limiting to one's effectiveness as a counselor.
5. To become knowledgeable about the APA Code of Ethics.
6. To become more aware of the cultural, societal, familial and personal differences affecting interpersonal and therapeutic communication and personal development.

Required Assignments: (For a "B" Grade)

1. Active class participation, including prompt, regular class attendance. EDP 661 is a "lab" course. A student may receive a failing grade for the course if more than 2 class periods are missed.

2. Build a better relationship with someone using techniques learned from class experiences and readings.

3. Write and hand in a weekly log. In the log you should relate your reactions to readings, class experiences and current personal relationship experiences. The log should be written for yourself and will not be graded. However, you do have a responsibility to turn it in on a regular, weekly basis. (Hand in every Monday). The log should include, but not be limited to, a description over the semester of the growth of the relationship from Number 2.

Note: A log is not due on a week when a paper is to be submitted.

4. Do "self-counseling" and workbook exercises as assigned which give practice on each counseling skill.

5. Read 1 book on your chosen theoretical orientation. Critique according to the outline supplied. DUE MARCH 22. (Formal Paper - No Revision option)

6. Display minimal competence in Egan's counseling skills (see page 1 of syllabus). Demonstrate a willingness and ability to self-explore and be open to constructive feedback.

7. Meet for 3 one-hour counseling sessions with each of 2 clients (provided from EDP 605 or elsewhere). You will meet at least an additional 3 times with your counseling supervisor face to face during the period you are counseling the 2 clients.

8.*Make and critique one typescript of part of one of your counseling sessions. The typescript will include 3 two-minute segments from one session of one of your clients. DUE APRIL 12 (No revision option).

9. Participate in weekly Triads/Taping.

10. Observe three counseling sessions by CPS counselors and submit a 1-2 page report within 48 hours (in DAP format or equivalent).

11. Show proof of having obtained Liability Insurance.

12. Submit a course evaluation.

13. Videotape 3-4 triad sessions to be critiqued in class.

*Folio Requirement

Although the primary focus of the course is developing therapeutic skills, it is also a graduate theory course, requiring some attending to scholarly activities. A "B" grade is deemed adequate, and indicative of the necessary level of skill attainment for entering Practicum (EDP664). For those not wishing to emphasize the academic aspects, the "B" grade option should be selected; for those wishing to build a firm base for further academic work, the "A" grade option is offered.

Required Assignments: (For an "A" grade)

1. Complete all required work and attain required levels of skills' competencies.

2. Contract for and complete an extra project chosen from the following options (or suggest a similar one). This formal paper (which has a one revision option--see rules for revision of formal papers) must evidence an integration of theory and practice. Due April 26 (April 19 for revision option).

a. Observe an additional five "CPS" counseling sessions, attend and participate in the "debriefing, supervision" sessions in connection with each counseling session and turn in a 1-2 page written analysis (using DAP or similar structure) of each of the counseling sessions. These written analysis will be read by Dr. Remer and

shared with the counselor(s) who did the session. Write a 3-5 page summary of what you have gained/learned from the observation, comparing sessions and styles. (Formal Paper)

b. Modify a specific behavior and write a detailed account of process. (Formal Paper). See Watson & Tharp for format.

c. Make a personally relevant decision and write a detailed account of the process. (Formal Paper). See Remer & O'Neill for format.

d. Choose a particular counseling orientation/theory that you are interested in applying as a counselor. Select five major techniques from that orientation. Define the counselor behaviors, the counseling goals and theoretical rationale for each technique to Egan's stages of counseling. Discuss any appropriateness/inappropriateness of each technique to Egan's stages of counseling. Discuss any appropriate or inappropriate client audiences. (Formal Paper).

e. Propose and contract for a project, which will meet the below stated purpose, acceptable to the instructor. (Formal Paper).

The purpose of this extra project is to facilitate your integration of counseling theory and counseling techniques. Any of the chosen projects should reflect a knowledge of both areas. All formal papers will be graded as such. Attention must be paid to APA style and correct English usage. All unacceptable papers (as judged by the instructor) will be returned for revision if that option is elected and an "I" grade assigned until corrected, or, if the paper is unacceptable after one revision, the student will receive one grade lower. If you wish the revision option, you must specify so on the title page and hand the paper in at least one week before the official due date. The paper will be graded, errors indicated but not corrected, and returned for revision. Revisions are due in one week. Once having accepted the "revision option" revisions must be submitted according to the prescribed procedures. If they are not, the paper will not be counted.

1) "I" or incomplete grades will be given to those students who do not meet (in the professor's opinion) the acceptable levels of Stage 1, 2, & 3 counseling skills as defined by Egan (1982). Students will be given a grade change when these levels have been met. Students with an "I" in 661 techniques will be barred from taking practicum (EDP 664) or any other courses for which EDP661 is a prerequisite, until the completion of the course with a grade of "B" or better (EDP661 is a minimal competency course). A student who received an "I" grade must negotiate a new contract with Dr. Remer to satisfy the course requirements and complete the remediation within two (2) months (unless extenuating circumstances exist). 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.

2) 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 faculty for possible disciplinary action, including probable dismissal from the program.

For formal papers the following criteria and point allotment will pertain:

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| 1. | Content (comprehensive, relevant,
and integrated) | 80 points |
| 2. | Form (appropriate to content--
succinct, well organized
and cogently presented) | 10 points |
| 3. | Mechanics (grammar, spelling,
APA format, etc.) | 10 points |

When revision is an option, contracting for/requesting the revision option means a revision must be done, regardless of the score obtained on the first draft. All revisions must be done according to the rules outlined (see handout for revision directions).

**75 POINTS IS PASSING FOR A "B" GRADE
90 POINTS IS PASSING FOR AN "A" GRADE**