Course Description
A study of techniques and methods used by counseling personnel to help students individually and in groups with educational planning, vocational choice, and interpersonal relations.

Course Goals
This course is dedicated to development of guidance and counseling skills necessary for success in choosing appropriate theoretical counseling approaches for use with students. Students will utilize essential interviewing and counseling skills to establish appropriate counseling goals, maintain professional boundaries, design intervention strategies, evaluate client outcomes, and successfully terminate the relationship. Students will describe counseling theories that provide the student with a consistent model(s) to conceptualize client presentation and select appropriate counseling interventions.

Methods of Instruction
A combination of on-line assignments, group discussion, report writing, book reviews, and reflective writings will be used to assist the student’s understanding of the necessary skills and methods of successful guidance and counseling. Course content will be linked to the Texas Examinations of Educator Standards (TExES) competencies related to the major theories used in Guidance and Counseling found at https://secure.sbec.state.tx.us/sbeonline/virtcert.asp.

Course Requirements
Students are expected to complete all on-line activities in order to successfully complete the course.

Major Course Activities
All activities must be satisfactorily completed to receive course credit.
- Major theory paper
- Personal Theory Paper
- Written Major Theorist Book Report
- Major Theorist Original Writings
- On line Chapter Quizzes / Exams
- Chapter Reactions
- Video reflections

Electronic Portfolio for Counseling, MA-C&I, Administration, Diagnosticians, and Student Development

Attendance. *******READ THIS CAREFULLY*******
Obviously, because this is an on-line course no attendance is required; HOWEVER, you MUST check in with me at least once per week. I do not want you lost in cyberspace somewhere or so far behind that you can’t catch up. Because I think this contact is so important, I will impose heavy penalties for NOT checking in. There are basically 12 weeks for check-in purposes. You may miss two random (not consecutive) weeks with no penalty. For two consecutive weeks or three random weeks of no contact, I will dock your grade one letter point. For 3 consecutive weeks or 4 random weeks of no contact, I will dock you two letter grades (i.e. with all assignments complete, you would make no higher than a C.) If I have
no contact with you for 4 consecutive weeks or 5 random weeks, you will receive a failing grade. That may seem harsh, but keeping in touch is such an easy thing to do, I would expect no takers on the grade docking business.

**Course Evaluation Plan**

<table>
<thead>
<tr>
<th>Potential Points</th>
<th>Course Evaluation Plan</th>
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<tbody>
<tr>
<td>Personal Theory Paper</td>
<td>150</td>
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<tr>
<td>Major Theory Paper</td>
<td>100</td>
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<tr>
<td>Reaction Paragraphs – 5 @20 points each</td>
<td>100</td>
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<tr>
<td>Book report</td>
<td>150</td>
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<tr>
<td>Reactions to Book Reports 5 @ 20 points</td>
<td>100</td>
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<tr>
<td>3 Approaches to Psychotherapy</td>
<td>150</td>
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<tr>
<td>Original writings report</td>
<td>100</td>
</tr>
<tr>
<td>On line Chapter Quizzes / Exams</td>
<td>100**</td>
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<tr>
<td>Extra Points</td>
<td>100**</td>
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<tr>
<td>Stan video reviews (choose 5 @ 20 points each)</td>
<td>100</td>
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<tr>
<td>Portfolio</td>
<td>50</td>
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**Course Assignment Criteria**

- **A** -1000 to 900 (90%) Outstanding, above minimum requirements
- **B** - 899 to 800 (80%) Satisfactorily meeting minimum requirements
- **C** - 799 to 700 (70%) Minimally meeting requirements
- **F** - below 700 Unacceptable work and/or attendance/assignment completion

**Textbooks**

- **Recommended:** Jacobs, E. (1994). *Impact Therapy*. Lutz, FL: Psychological Assessment Resources, Inc. (I will place powerpoints and a lecture on-line over this book. It will be supplemental info only.)

**Required Statements**

"Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made."

"Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook."

**ACADEMIC DISHONESTY INCLUDES TURNING IN THE SAME PAPER FOR CREDIT IN DIFFERENT COURSES.**

**Contacting the Professor**

Mary E. McGlamery, PhD, LPC, LSSP
Major Assignments

***DO NOT E-MAIL ME ASSIGNMENTS***

DO NOT E-MAIL ME ASSIGNMENTS

DO NOT E-MAIL ME ASSIGNMENTS

DO NOT E-MAIL ME ASSIGNMENTS

DO NOT E-MAIL ME ASSIGNMENTS

Post on blackboard. Keep a copy.

I have tried to stagger assignments. Let me know if you have problems.

Major Theories Report (100 possible points):

Students will examine the history of the theory (how the theory was initially formulated and who were the major proponents), the basic assumptions or major tenets of an assigned theory, examples of what interventions would “look like”, i.e. techniques, role of the counselor, etc., overall impression of the theory (strengths and weaknesses, does it make sense to you, would you be likely to use this theory), and specific application of the theory.

For the specific application of the theory go to the Expert Theory Case Analysis Site associated with the Corsini and Wedding book and select one of the three case examples found there. Address how you would use your theory to intervene with the case you selected and provide a rationale for your chosen intervention. To access the site: http://theories.brookscole.com, user name: counsel1 (that’s counsel and a number 1 with no space), password theoriessite. Or make up a case study and tell me how you would apply the theory.

Limit 5 to 8 pages please. APA style - 6th edition, 2nd printing.

The Case of Stan - Reviews. (5 @ 20 points)

Watch 5 (or more) of Corey’s application of theories to therapy with Stan. Do not choose the same ones you write reactions for. Form on Blackboard in assignments. You can write in the textbook rather than attach a file, if you like.

Book Report (150 possible points):

Read one of the books on the Acceptable Reading List. Write a formal report that includes: (1) a discussion of the major tenets of the book, and (2) a personal reaction section. Use current APA format. The final report should be no longer than five-typed pages. The report may be submitted electronically through the assignments page. Self-help books are not on this list for a reason! Dr. Phil is not a major theorist. If you have a book that you would like to read, send me the name and the author. ALL BOOKS MUST BE PRE-APPROVED. Post on discussion board and in assignments.
Reactions to Book Reports (5 @ 20 points each)

Read Katy Brickey’s report on Victor Frankl which is posted on discussion board, and 4 of your classmates’ reports. Post comments and reactions on discussion board under book report. You are not correcting grammar or spelling. You are reading for information and reflecting on that information.

3 Approaches to Psychotherapy (150 points possible)

Also known as the “Gloria films,” 3 Approaches are classics! Perls, Rogers, and Ellis are shown doing their own version of therapy with Gloria. I am working to make these videos (or whatever we call them this year) available to you on line. The ASU library has them for checkout. They have DVDs, so, don’t let them give you the Beta VCR film!! You should watch the films (take you about 30 - 45 minutes each) and write a reaction to each therapist’s approach to Gloria. Include how you reacted to the therapist, how you think Gloria reacted, which approach you preferred, why, and which, if any, of the therapist’s approaches do you think you could use in your work.

Original Writings (100 points)

Very seldom do we read original work of a theorist. We usually read what someone else says about the work. Choose an original article by a theorist. Write a synopsis of the article, your reaction to it, and note discrepancies between what the theorists originally said and what others have interpreted him/her to have said.

Reaction Paragraphs (5 at 20 points each)

Choose 5 of the major theories. Write a reflection on the theory. Form is on line under Assignments. Do not choose the theory that you write your report on! You can watch more Stan videos if you prefer. Choose different theories for Stan and the reflections.

Personal Theory Paper (150 points)

Use your reactions and reflections on Stan, the 5 theories, and your other assignments, write a paper on your own personal theory. What are your personal beliefs about human nature? What are your personal beliefs about behavior change? Can people really change who they are or only how they behave? What needs to occur in order for people to change? What major theory best describes your own beliefs and values about counseling? Apply your chosen theory to an issue or event in your life that you would like to resolve or change. Describe the presenting problem and past history; previous problems, etiology or nature of the problem using theoretical constructs, proposed treatment approach, techniques to be used, and possible roadblocks to change. This is the hardest assignment to do, but I think it will be rewarding to you.

Quizzes and Exams (100 points) OPTIONAL * EXTRA POINTS

All quizzes and exams will be on-line. You may take each as often as you like. Remember that each new attempt “wipes out” the previous grade. The good news is, I can go into blackboard and find past attempts.
**Portfolio (50 points)**

An electronic portfolio will be turned in. The portfolio should be a collection of artifacts and reflections identifying how each artifact included establishes your expertise relating to each of the standards identified for this course as established in the Texas Examinations of Educator Standards (TExES) for School Counselors found at [https://secure.sbec.state.tx.us/sbeconline/virtcert.asp](https://secure.sbec.state.tx.us/sbeconline/virtcert.asp) or by your certifying agency. Note that your self-enrollment code for the DRF template is “counseling”. Student development folks build their own DRF. See Dr. Williams for specifics. MA-C&I self-enrollment code is “teacher.” Administrators is “principal.” You may use an artifact for more than one competency. You will write a different reflection if you do this. Your reflection should: address the competency, go from general to specific, use vocabulary of your profession, and note applicability of the standard/artifact to “real life” work. Examples are available upon request!
<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Topic</th>
<th>Corey Reading</th>
<th>Assignment/ Due Date</th>
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</thead>
<tbody>
<tr>
<td>Unless otherwise noted assignments are due by 8:00 am on Monday following the post. I.E. Original writing listed during week of Feb 1st is due by 8:00 am on Feb. 8.</td>
<td></td>
<td></td>
<td><strong>Jan. 21</strong> Graduate Orientation at ASU CARR EFA #101 9:00</td>
</tr>
<tr>
<td><strong>Week 1</strong> January 19 <strong>Saturday, January 21</strong></td>
<td>Questions &amp; Answers Oh, Lord, let’s just get our book and figure out blackboard changes</td>
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<tr>
<td><strong>Week 2</strong> January 25</td>
<td>Counselor as person; finding a best fit; overview; ethical and multicultural issues</td>
<td>Chapters 1-3</td>
<td>Chapter Quizzes Contact Read Man’s Search for Meaning Comment on discussion board Copy your comment and post on assignment tab in text box</td>
</tr>
<tr>
<td><strong>Week 3</strong> Feb. 1</td>
<td>Psychoanalytic and neo-analytic approaches</td>
<td>Chapter 4</td>
<td>Post the name of the book and author you plan to read on discussion board by Friday 5 pm <strong>Original Writing due</strong> Reaction Paragraphs The Case of Stan Chapter Quizzes</td>
</tr>
<tr>
<td><strong>Week 4</strong> Feb. 8</td>
<td>Adlerian Therapy</td>
<td>Chapter 5</td>
<td>Reactions The Case of Stan Chapter Quizzes Work on Major Theory Report</td>
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<tr>
<td><strong>Week 5</strong> Feb 15</td>
<td>Existential Therapy</td>
<td>Chapters 6</td>
<td>Reactions The Case of Stan Chapter Quizzes <strong>Major Theory Report Due</strong></td>
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</table>
| Week 6  | Person-Centered Therapy | Chapter 7 | Reactions  
The Case of Stan  
Chapter Quizzes  
Work on 3 approaches |
|---------|-------------------------|-----------|----------------------------------|
| Week 7  | Gestalt Therapy; review and summary | Chapter 8 | Reactions  
The Case of Stan  
Chapter Quizzes  
3 approaches due |
| Week 8  | ***Last day to file for Spring graduation | Finish Book Report  
Post on Assignment Tab  
and On Discussion Board  
By Monday, March 22 |
| Week 9  | Spring Break | Spring Break | Spring Break |
| Week 10 | Behavior Therapy | Chapter 9 | Reactions  
The Case of Stan  
Chapter Quizzes  
Read Book Reports  
Post 4 reactions by April 12 |
| Week 11 | Cognitive Therapy | Chapter 10 | Reactions  
The Case of Stan  
Chapter Quizzes  
Work on Personal Theory |
| Week 12 | | | Reactions  
The Case of Stan  
Chapter Quizzes  
Finish reactions to book |
| Week 13 | Reality Therapy  
**Last day for College of Education students to present CPRs | Chapter 11 | Post reactions to book reports on Discussion Board |
| Week 14 | | | Finish videos & Reactions |
| Week 15 | Narrative Therapy and other | Chapter 14-16 | Portfolio due  
Personal Theory Report due |
| Week 16 | | | Clean up week. Turn in anything that is amiss. |
Acceptable Reading List

Nathan Ackerman  *The psychodynamics of family life, 1958*

Alfred Adler  
*Understanding human nature, 1927*
*Position in family influences lifestyle, 1929*
*What life should mean to you, 1931/1958*
*Understanding human nature, 1959*
*The science of living, 1969*

Albert Bandura  
*Principles of behavior modification, 1969*
*Social learning theory, 1977*
*Social foundations of thought and action, 1986*

Aaron Beck  
*Depression: Clinical, experimental, and theoretical aspects, 1967*
*Cognitive therapy and emotional disorders, 1976*
*Cognitive therapy of anxiety and phobic disorders, 1979*

Eric Berne  
*The mind in action, 1947*
*Games people play: The psychology of human relations, 1996*

Murray Bowen  
*Family therapy in clinical practice, 1978*

Albert Ellis  
*Reason and emotion in psychotherapy, 1962/1994*
*How to stubbornly refuse to make yourself miserable about anything – Yes, anything, 1988*
*Better, deeper, and more enduring brief therapy, 1996*
*The practice of rational emotive behavior therapy, 1997*
*A guide to rational living, 1997*
*How to control your anxiety before it controls you, 1998*
*How to make yourself happy and remarkably less disturbable, 1999*
*Overcoming resistance: A rational emotive behavior therapy integrated approach, 2002*

Eric Erikson  
*Childhood and society, 1963*
*The life cycle completed, 1982*

Victor Frankl  
*Man’s search for meaning, 1959/1984*

Sigmund Freud  
*The history of the psychoanalytic movement, 1914*
*Beyond the pleasure principle, 1920*
<table>
<thead>
<tr>
<th>Author</th>
<th>Title</th>
<th>Year</th>
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<tbody>
<tr>
<td>William Glasser</td>
<td><em>Schools without failure</em></td>
<td>1969</td>
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<tr>
<td></td>
<td><em>The identity society</em></td>
<td>1972</td>
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<td></td>
<td><em>Reality Therapy: A new approach to psychiatry</em></td>
<td>1975</td>
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<td></td>
<td><em>Positive addiction</em></td>
<td>1976</td>
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<td></td>
<td><em>Stations of the mind</em></td>
<td>1981</td>
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<td></td>
<td><em>Control theory: A new explanation of how we control our lives</em></td>
<td>1984</td>
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<td></td>
<td><em>Choice Theory in the classroom</em></td>
<td>1998</td>
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<td></td>
<td><em>Counseling with Choice Theory</em></td>
<td>2001</td>
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<td></td>
<td><em>Unhappy Teenagers: A way for parents and teachers to reach them</em></td>
<td>2002</td>
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<td>Jay Haley</td>
<td><em>Strategies of psychotherapy</em></td>
<td>1963</td>
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<td></td>
<td><em>Uncommon therapy</em></td>
<td>1973</td>
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<td></td>
<td><em>Problem-solving therapy</em></td>
<td>1976</td>
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<td>Carl Jung</td>
<td><em>Psychological types. Collected works, Vol.</em></td>
<td>1921/1971</td>
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<td></td>
<td><em>The practice of psychotherapy. Collected works, Vol.</em></td>
<td>1957</td>
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<td></td>
<td><em>Memories, dreams, reflections</em></td>
<td>1965</td>
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<td>Arnold Lazarus</td>
<td><em>Multimodal behavior therapy</em></td>
<td>1976</td>
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<td></td>
<td><em>The practice of multimodal therapy</em></td>
<td>1981/1989</td>
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<td></td>
<td><em>Brief but comprehensive psychotherapy</em></td>
<td>1997</td>
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<td>D. Levinson</td>
<td><em>The seasons of a man’s life</em></td>
<td>1978</td>
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<td>Rollo May</td>
<td><em>The art of counseling</em></td>
<td>1939</td>
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<td></td>
<td><em>Man’s search for himself</em></td>
<td>1953</td>
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<td></td>
<td><em>Existential psychology</em></td>
<td>1961</td>
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<td></td>
<td><em>Love and will</em></td>
<td>1969</td>
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<td></td>
<td><em>The courage to create</em></td>
<td>1975</td>
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<td></td>
<td><em>The meaning of anxiety</em></td>
<td>1977</td>
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<td><em>Freedom and destiny</em></td>
<td>1981</td>
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<td></td>
<td><em>The quest for beauty</em></td>
<td>1985</td>
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<tr>
<td>D. Meichenbaum</td>
<td><em>Cognitive-behavior modification: An integrated approach</em></td>
<td>1977</td>
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<tr>
<td>J.B. Miller</td>
<td><em>Toward a new psychology of women</em></td>
<td>1986</td>
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<tr>
<td>Salvador Minuchin</td>
<td><em>Families and family therapy</em></td>
<td>1974</td>
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<tr>
<td>John Narcisco &amp;</td>
<td><em>Declare Yourself: Discovering the Me in Relationships</em></td>
<td>1975</td>
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<tr>
<td>David Burkett</td>
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</table>
Fritz Perls  
*Ego, hunger and aggression, 1942/1992*  
*Gestalt therapy, 1951*  
*Gestalt therapy verbatim, 1969/1992*  
*In and out of the garbage pail, 1972*  
*The Gestalt approach and eyewitness to therapy, 1973/1976*

J. Powell  
* Fully human, fully alive, 1976 *

William Purkey & John Schmidt  
*Invitational Counseling: A self-concept approach to professional practice, 1996*

Carl Rogers  
*Counseling and psychotherapy, 1942*  
*Client-centered therapy, 1951*  
*On becoming a person, 1961*  
*Freedom to learn, 1969*  
*A way of being, 1980*

Virginia Satir  
*Making Contact, 1976*  
*The new peoplemaking, 1988*  
*The Satir model: Family therapy and beyond, 1996*

B.F. Skinner  
*The behavior of organisms: An experimental analysis, 1938*  
*Walden Two, 1948*  
*Science and human behavior, 1953*  
*Beyond freedom and dignity, 1971*  
*About behaviorism, 1974*

J.B. Watson  
*Behaviorism, 1925*

Carl Whitaker  
*Dancing with family: A symbolic-experiential approach, 1988*

Joseph Wolpe  
*Psychotherapy by reciprocal inhibition, 1958*

Irvin Yalom  
*Existential psychotherapy, 1981*