Psychology 6325: Counseling Methods & Techniques

Spring 2019

Instructor: Johnny Burkhalter
Phone: 325-486-6125
E-mail: jburkhalter@angelo.edu
Office: Academic Building, Room 204D
Office Hours: Thurs 1:00-2:00pm
Course site: http://blackboard.angelo.edu


Course Description: Knowledge and application of conceptual and practical skills needed for individual and group counseling. Emphasis is placed on working within an evidence-based treatment model of selecting and applying interventions. Designed to prepare students for practicum.

Course Objectives:
1. Develop specific skills, competencies, and points of view needed by professionals in counseling
2. Learn to apply course material (to improve thinking, problem solving, and decisions)
3. Learn how to find and use resources for answering questions or solving problems

Student Learning Outcomes: Upon completion of this course, you should:
1. Have developed beginner level competency in skills and techniques for individual and group counseling and have an understanding of how to continue improving competency throughout ones career
2. Have an understanding of ethical issues related to conducting psychotherapy and apply this knowledge to practical experiences
3. Have an understanding of what evidence-based practice and empirically supported treatments in counseling are and learn how to find more information about these practices

Class Requirements:

Class attendance & participation: Class attendance and participation are necessary for success in this class. There will be frequent in-class, experiential activities. These will provide an opportunity to practice the skills and techniques covered in class. Participation in these activities is necessary to develop competency. As such, you will be graded on your participation in these activities on a pass/fail basis. For each class, you will be given a grade based on your participation. Grades will be assigned as adequate (5 pts), inadequate (0 pt). To receive an “adequate” you must be present for the entire class and participate fully in all in-class activities, including providing your fellow classmates with appropriate, meaningful feedback. Some in-class activities will be based on knowledge or competency. In order to receive an “adequate” on those days you must successfully and accurately complete the activity. If you are absent, you will automatically receive an “inadequate” for the day.

Assignments: You will be expected to complete out of class assignments each week. These may include completing homework activities from your book, writing reactions to various topics, or composing mock clinical documentation. Each assignment will be worth 10 points. Homework activities and reaction papers will be graded on a pass/fail basis. Assignments will be graded on a 10 point scale. No late assignments will be accepted.

**Syllabus is subject to change at the discretion of the instructor**
Baseline video demonstration: With a partner from class complete a 15-20 minute client session in which you are the counselor. (You should also portray a client for your partner, but you will not be evaluated on this). In your video demonstration, pretend that this is your first meeting with your client and do whatever you believe is appropriate in your role as a counselor. You will not be graded on your use of skills at this point. This exercise is meant to serve as a demonstration of your skills prior to beginning this course. Complete a 2-3 page evaluation of your skills as a counselor based on your video demonstration. Describe both your strengths and weaknesses or challenges.

Final video demonstration: With a partner from class complete a 25-30 minute client session in which you are the counselor. (You should also portray a client for your partner, but will not be evaluated on this). In your video demonstration, pretend that this is your first meeting with your client and use the skills that you have learned in this course. Additional information about the specific skills and topics that should be included in this video demonstration will be provided. Unlike your baseline video tape, you will be evaluated on your use of the skills in this demonstration. You may complete up to 2 videos. You should select the one that best portrays your skills. Only that video will be evaluated for a grade.

Paper & evaluation: You will complete evaluations of your skills in your final individual videos. Instructions on how to complete these evaluations will be discussed in class. You will need to include examples of how you demonstrated specific skills in your sessions. In addition, you will write a final paper evaluating your skills as a counselor based on your 3 skills demonstrations. This paper should include a discussion of the progress made between your baseline and final videos. It should also include a critical analysis of your skills in your final demonstrations and areas where continued improvement is needed.

**Additional information about assignments will be presented in class and/or on blackboard (http://blackboard.angelo.edu).**

**Syllabus is subject to change at the discretion of the instructor**
Grading:
- Participation (5 pts per class) 70
- 11 out of class assignments (10 pts each) 110
- Baseline video & response 50
- Final individual therapy video skills 75
  Total = 300
- Paper & Evaluation

Grading Scale
A = 90 -100%
B = 80 - 89%
C = 70 - 79%
D = 60 - 69%
F = <60%

**Honor Code:**
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 available on the web at: http://www.angelo.edu/forms/pdf/honorcode5.pdf

**Disabilities:**
Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center (325-942-2191), 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.

**Syllabus is subject to change at the discretion of the instructor**