# EDG 6320

## INDIVIDUAL COUNSELING

### SUMMER 2019

AUDREY HERON, PH.D.

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## SYLLABUS TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>COURSE INFORMATION</td>
<td>2</td>
</tr>
<tr>
<td>INSTRUCTOR INFORMATION</td>
<td>2</td>
</tr>
<tr>
<td>STUDENT LEARNING OUTCOMES</td>
<td>2</td>
</tr>
<tr>
<td>REQUIRED TEXTS AND MATERIALS</td>
<td>3</td>
</tr>
<tr>
<td>GRADING SYSTEM</td>
<td>4</td>
</tr>
<tr>
<td>METHODS OF INSTRUCTION</td>
<td>4</td>
</tr>
<tr>
<td>COMMUNICATION</td>
<td>4</td>
</tr>
<tr>
<td>CANDIDATE PARTICIPATION</td>
<td>5</td>
</tr>
<tr>
<td>LIBRARY RESOURCES</td>
<td>7</td>
</tr>
<tr>
<td>ASSIGNMENT SUBMISSION</td>
<td>7</td>
</tr>
<tr>
<td>POLICIES RELATED TO THIS COURSE</td>
<td>7</td>
</tr>
<tr>
<td>ASSIGNMENT OBJECTIVES &amp; DUE DATES</td>
<td>9</td>
</tr>
</tbody>
</table>
COURSE INFORMATION

COURSE NUMBER
EDG 6320

COURSE TITLE
Individual Counseling

COURSE DELIVERY
This is a distance course utilizing the Blackboard course management tool with course requirements, learning activities, assignments, and due dates specified in the course calendar and modules in Blackboard. The course site can be accessed at http://blackboard.angelo.edu. The course begins on June 3, 2019 and ends on July 26, 2019.

COURSE DESCRIPTION
An introduction and orientation to basic counseling skills, emphasizing the methods or techniques used to provide counseling treatment intervention to individuals.

INSTRUCTOR INFORMATION

LEAD INSTRUCTOR
Audrey Heron, Ph.D.
Email: audrey.heron@angelo.edu

INSTRUCTOR TEAM
Graduate courses in the Department of Curriculum and Instruction may utilize an instructor team to support the Lead Instructor. All members of the instructor team are highly qualified with educational and practical experiences related to the subject-matter of the course.

OFFICE HOURS
Email is the most accessible way to contact all instructors. The instructor team is available via email using only your ASU email address (angelo.edu). You should receive a response within 24 hours.

STUDENT LEARNING OUTCOMES

- Begin to formulate personal ideas regarding counselor self-care and the importance of self-care for mental health professionals.
- Identify key theoretical constructs related to the helping process.
- Develop an individual style of counseling that begins to integrate theory with practice.
- Demonstrate appropriate use of confidentiality in counseling sessions.
• Identify the timely use of rapport building and early stage skills such as minimal encouragers, open-ended questions, reflection of feelings, paraphrasing, self-disclosure, and summarizations.
• Create a preventative and responsive plan for use in crisis situations.
• Determine appropriate termination skills and how to prepare client for termination of counseling.
• Provide effective reflection and feedback on content and assignments for this course.
• Master knowledge and skills (from Graduate Student Learning Goals):
  o Students will:
    ▪ Demonstrate advanced knowledge, skills, and values appropriate to their chosen discipline.
    ▪ Demonstrate the ability to work as individual researchers/scholars and in collaboration with others.
    ▪ Demonstrate the ability to be creative critical thinkers and to apply new technologies appropriate to their chosen discipline.
• Master Communication and Dissemination:
  o Students will:
    ▪ Demonstrate advanced oral and written communication skills appropriate to their chosen discipline.
    ▪ Demonstrate global perspectives appropriate to their chosen discipline.
• Master Leadership and Social Responsibility:
  o Students will:
    ▪ Comprehend and practice the ethical principles appropriate to their chose discipline.
    ▪ Understand and value individual differences, and have the skills to work effectively in a diverse, changing world.

REQUIRED TEXTS AND MATERIALS

REQUIRED TEXTS

RECOMMENDED READINGS
Course materials and readings are located in Blackboard. Candidates are expected to locate peer-reviewed, research-based resources for research on individual topics and learning activities.

TECHNOLOGY REQUIREMENTS
A complete list of technology requirements for online education at Angelo State University is available at [https://www.angelo.edu/online-education/technology_requirements.php](https://www.angelo.edu/online-education/technology_requirements.php). Internet connectivity problems and home computer problems are not considered adequate
excuses for missing assigned learning activities. Technical support concerns should be submitted to the IT Service Center via phone at (325) 942-2911 or toll-free at (866) 942-2911.

**GRADING SYSTEM**
Each assignment will be worth a varying number of points. Grades will be determined by the percentage of the total possible points earned.

The following grading scale is in use for this course:
- A = 90.00-100%
- B = 80.00-89%
- C = 70.00-79%
- F = below 70%

**METHODS OF INSTRUCTION**
- Since this course is delivered online, candidates are responsible for understanding the assignments and learning the material. If questions arise, it is important to ask the instructor immediately for help since many of the tasks build on one another.
- Course design includes a combination of learning activities to strengthen the academic and professional competence of candidate’s writing skills, presentation skills, collaboration, analysis, and practical application/experience.
- Learning activities may include, but are not limited to critical analysis submissions incorporating research, writing, and reflection; digital presentations with multimedia and/or interactive elements; collaboration opportunities through online discussion boards, wikis, or blogs; practical case studies requiring research, writing, and collaboration; and other projects and activities such as interviews, field visits, modeling, and videos.

**COMMUNICATION**
The course is designed to offer regular and substantive interaction between candidates and instructors. Both candidates and instructors are responsible for effective, appropriate, and timely communications and interactions in the course.

**CANDIDATE COMMUNICATIONS:** Candidates should initiate communications with instructors through Class Café or the ASU email system. Check frequently for announcements and reminders. Scoring rubrics and module information outline the specific interaction and communication requirements for each learning activity.

Course content and subject-specific questions should be posted to Class Café for interactions with other candidates and instructors about the content. Technical support concerns should be submitted to the IT Service Center via phone at (325) 042-2911 or toll-free at (866) 942-2911.
WRITTEN SUBMISSIONS: It is an expectation of this department that you use academic and professional writing skills. Candidates should follow APA guidelines for formatting and citations in all learning activities unless otherwise specified. Failure to utilize accurate APA citations and references constitutes plagiarism.

USE GOOD “NETIQUETTE”:
- Check the discussion frequently and respond appropriately and on subject.
- Focus on one subject per message and use pertinent subject titles.
- Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally viewed as SHOUTING!
- Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
- Cite all quotes, references, and sources.
- When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
- It is extremely rude to forward someone else's messages without their permission.
- It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as J or :) to let others know you are being humorous.

(From “The Net User Guidelines and Netiquette” by A.H. Rinald, 1994, Florida Atlantic University. Adapted with permission.)

INSTRUCTOR COMMUNICATIONS: Instructors will provide communications relevant to the course and subject matter through weekly emails, Blackboard announcements, Class Café, interactions during learning activities such as moderating discussion boards, and feedback on submitted assignments. These course activities help build a sense of community among learners.

Instructors will typically respond to email within 24 hours. Class Café discussions will include both peer and instructor responses as appropriate to assist with candidate mastery of the subject. Instructors will typically provide feedback on assignments within 48-72 hours of submission of the assignment through Blackboard. Feedback communication is provided to candidates by instructors in Grade Center, Turn It In Feedback Center, or on scoring rubrics in Blackboard as appropriate for each assignment.

CANDIDATE PARTICIPATION
- Candidates are expected to be active learners. It is a basic assumption of the instructor that candidates will be involved discovering, processing, and applying the course information using peer-review journal articles and researching additional information through the ASU Online Library and Internet.
• Candidates are expected to engage with the material, their peers, and their instructors. Ensure that you are reading all of the materials provided in the Blackboard modules. Participate in discussions with your peers about the content through Class Cafe.

• If you have questions, it is important to ask immediately since many of the tasks build on one another.

**ATTENDANCE & PARTICIPATION**

Courses in the Department of Curriculum & Instruction are distance courses. Distance courses are different than correspondence courses; they require regular and timely participation, interaction, and engagement from the candidate and instructor(s). Candidates are required to follow the course calendar and the expectations related to candidate participation. Candidates are expected to engage in course activities and submit assignments by due dates and times identified in the course calendar.

Faculty are required to confirm attendance of candidates in a course at the beginning of each term to the ASU Registrar Office as part of complying with regulations regarding the administration of federal financial aid. In accordance with ASU processes and federal regulations, academic attendance in a course is considered active engagement which includes but is not limited to submitting an academic assignment or participating in an online discussion in the course about academic matters. Logging into an online course without active participation does not meet academic attendance requirements. The last date of course attendance for reporting to the Registrar will be the last date of active engagement in the course.

Candidates are expected to be active learners. It is a basic assumption of the instructor that candidates will be involved discovering, processing, and applying course information using peer-review journal articles and researching additional information through the ASU Online Library and Internet.

Candidates are expected to engage with the material, their peers, and their instructors. Ensure that you are reading all of the materials provided in the Blackboard modules.

Candidates should participate in discussions with their peers about the content through Class Café in the courses.

Candidates are expected to participate in learning activities that include practical experiences in the field of study.

When candidates have questions about course requirements, they should discuss immediately with the course instructor since many of the course tasks build on one another.
LIBRARY RESOURCES
Candidates should familiarize themselves with the numerous resources available through the Angelo State University Porter Henderson Library at www.angelo.edu/services/library/. Information on library resources is available in the Orientation tab of each course. All candidates can also use the Ask A Librarian research support feature.

ASSIGNMENT SUBMISSION
In this class, all assignments need to be submitted through the posted Blackboard or TurnItIn link in the Blackboard course site. You should record the confirmation number received when you submit your work. Assignments are not accepted via email.

If a technology issue does occur regarding an assignment submission, email your instructor along with documentation that you notified the help desk. This process will document the problem and establish a timeline for submission.

LATE WORK OR MISSED ASSIGNMENTS
All learning activities should be submitted by the scheduled due dates. A 10% grade reduction may occur for each day the assignment is late. Documented medical or personal emergencies will be reviewed on a case-by-case basis with the appropriate documentation and in accordance with department policy.

RESUBMISSION OF ASSIGNMENTS
During their studies at Angelo State University, students may find themselves writing on the same or similar topics; regardless, their writing is expected to reflect new approaches and insights into that topic to demonstrate their intellectual growth.

ASU recognizes that there may be some overlap between the requirements, assignments, and inquiry for different courses. In general, students may use only small portions of documents as background or foundational material for additional development in a subsequent assignment or research project. Students may not merely copy and paste substantial sections from one paper to another. Any use of prior work is at the discretion of the instructor: students must receive prior approval from their instructor, who may request a copy of the previous work. When using their own scholarly work in subsequent assignments, students should cite themselves as a primary author and their previous coursework as unpublished papers, as shown in The Publication Manual of the American Psychological Association, 6th Edition.

POLICIES RELATED TO THIS COURSE
All candidates are required to follow the policies and procedures presented in the following documents:
• Angelo State University Student Handbook
ACADEMIC INTEGRITY
Candidates are expected to know and understand behaviors that can constitute academic misconduct. A plagiarism module is required of all candidates as part of their orientation to the program. Each course requires that the candidate complete a plagiarism statement acknowledging that the candidate completed the plagiarism module in the orientation, understands what plagiarism is, understands all work must be the candidate’s original work, and understands the potential consequences of plagiarism.

The Angelo State University Student Handbook provides a detailed list of behaviors that constitute academic misconduct and plagiarism. Academic misconduct includes, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, violations of published professional ethics or standards, and/or any act or attempted act designed to give unfair academic advantage to oneself or another student.

STUDENTS WITH DISABILITIES
Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website at www.angelo.edu/ADA. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
(325) 942-2047
STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS
Candidates can find information on the observance of religious holy days in ASU Operating Policy 10.19. Candidates should also review the information related to course attendance.

TITLE IX
Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. Sexual discrimination, sexual misconduct, public indecency, interpersonal violence, sexual assault, sexual exploitation, sexual harassment, and stalking are not tolerated at ASU. You are encouraged to report any incidents to ASU’s Title IX Coordinator Michelle Boone at michelle.boone@angelo.edu or using ASU’s online form at http://www.angelo.edu/services/title-ix/file-a-complaint.php.

SYLLABUS CHANGES
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

ASSIGNMENT OBJECTIVES & DUE DATES

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Objectives</th>
<th>Assignments</th>
<th>Points</th>
<th>Due Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pre-Module</td>
<td>Review and confirm understanding of plagiarism and academic integrity</td>
<td>Plagiarism Certificate</td>
<td>0</td>
<td>Wednesday</td>
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<td></td>
<td>Begin academic portfolio for documentation of course artifacts and</td>
<td>Academic Portfolio Creation</td>
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<td>June 5</td>
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<tr>
<td>Module</td>
<td>Focus Area</td>
<td>Description</td>
<td>Date/Time</td>
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<td>1</td>
<td>Introduction &amp; Self-Care for Mental Health Professionals</td>
<td>Begin to formulate personal ideas regarding counselor self-care and the importance of self-care for mental health professionals.</td>
<td>Wednesday June 5</td>
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<td>Introduction Discussion Board – Initial Post Respond to at least 2 classmates</td>
<td>Wednesday June 5 Thursday June 6</td>
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<td>Self-Care Padlet</td>
<td>Sunday June 9</td>
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<td>2</td>
<td>Module 2 Autobiography</td>
<td>Develop an individual style of counseling that begins to integrate theory with practice. Identify invitational and reflective skills in counseling.</td>
<td>Autobiography 20 Sunday June 16</td>
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<td>3</td>
<td>Module 3</td>
<td>Limits of Confidentiality</td>
<td>Practice within the ethical and statutory limits of confidentiality (II-B-4i). Demonstrate advanced oral and written communication skills appropriate to their chosen discipline (GSLG). Identify reflection of feelings in counseling.</td>
<td>Confidentiality Video</td>
<td>10</td>
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<td>4</td>
<td>Module 4</td>
<td>Challenging Skills</td>
<td>Identify the timely use of rapport-building and early stage skills such as minimal encouragers, open-ended questions, reflection of feelings, paraphrasing, self-disclosure, and summarizations.</td>
<td>Video Appraisals 1 and 2</td>
<td>15</td>
</tr>
<tr>
<td>5</td>
<td>Module 5</td>
<td>Assessment &amp; Goal Setting</td>
<td>Identify characteristics and techniques associated with solution-focused brief counseling. Demonstrate ability to appropriately apply individual counseling strategies and techniques to an issue in the professional setting</td>
<td>SFBC FlipGrid Discussion Board – Initial Post Responses to Peers</td>
<td>15</td>
</tr>
<tr>
<td>6</td>
<td>Module 6</td>
<td>Crisis Prevention</td>
<td>Create a preventative and responsive plan for use in crisis situations.</td>
<td>Suicide Prevention Plan</td>
<td>20</td>
</tr>
<tr>
<td>Module 7</td>
<td>Terminating Client Relationships &amp; Outcome Evaluations</td>
<td>Determine appropriate termination skills and how to prepare client for termination of counseling.</td>
<td>Demonstrate the ability to work as individual researchers/scholars and in collaboration with others.</td>
<td>Discussion Board Responses to Suicide Prevention Plans</td>
<td>5</td>
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<td>Module 8</td>
<td>Self-Reflection</td>
<td>Present and defend judgments about the information and assignments related to individual counseling.</td>
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<td>Self Reflection Course Reflection Academic Portfolio Submission</td>
<td>10 0 0</td>
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</tbody>
</table>

*GSLG: Graduate Student Learning Goals.*

**Version Date:** Approved for Summer 2019 Courses