

PSYC 250-01: BASIC COUNSELING SKILLS

Cincinnati Christian University

Spring 2019 • 3 Credit Hours

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Course Description

An examination of the world of counseling with emphasis on developing and understanding basic, effective skills and techniques shown to be helpful in dealing with hurting people. In addition, specific problems and mental health issues along with the appropriate counseling techniques will be discussed.

Objectives

1. Students will gain knowledge of basic counseling techniques & counseling issues through readings and class participation. Students will then demonstrate this knowledge through: questions, discussions, and activities
2. Students will develop knowledge of common psychological problems through reading and participation in various projects.
3. Students will demonstrate an understanding of counseling skills through writing evaluations of skills and participating in counseling role plays.

Textbooks

1. Lutz, M. (2014). What is wrong with people? Minneapolis, MN: Mill City Press. 2.
2. Nelson-Jones, Richard. (2016). Basic Counseling Skills (4th ed.). Thousand Oaks, CA: Sage.

Student Evaluation/Assessment:

Students in this course will be evaluated by the College's standard grading system. You should refer to the Student Handbook or the College Catalog for further details.

Grade Scale:

This class will use the university grading scale:

Letter Grade	Grade Percentage	Grade Points	Points for Class
A	95-100	4.00	570-600
A-	92-94	3.67	552-569
B+	89-91	3.33	534-551
B	86-88	3.00	516-533
B-	83-85	2.67	498-515
C+	80-82	2.33	480-497
C	77-79	2.00	462-479
C-	74-76	1.67	444-461
D+	71-73	1.33	426-443
D	68-70	1.00	408-425
D-	65-67	.67	390-407
F	Below 65	0	0-389

The criteria for determining that grade will be as follows:

1. (150 points) **Completion of assigned reading/homework from Nelson-Jones book.** (15 readings/assignments x 10 points each)
2. (100 points) **Participation in class discussions and attendance.** The criteria will be the quantity and quality of the contribution to the group. (100 points total for the entire semester)
3. (40 points) **Theories Quiz.**
4. (110 points) **In-Class activities.** There will be class activities completed most weeks related to the assigned chapters for that week. You will receive credit for each activity that is completed. (11 activities x 10 points each)
5. (100 points) **Reading Responses from Lutz book.** This will be completed on Canvas. You will also be required to reply to one other student's discussion response. (10 responses x 10 points each)
6. (100 points) **Final Exam.** The final exam will consist of the in-person demonstration of 2 basic counseling skills of the student's choice.

Academic Accommodations

Students who require academic accommodations due to a documented physical, psychological, or learning disability may request assistance from the Student Services Department. Students are encouraged to complete this process within the first two weeks of the semester. The Student Services Department is located on the upper level of Presidents Hall. You may also contact the office by phone at 244-8150.

Evan Bolejack Learning Center

Students in need of academic coaching and tutoring services should contact the Evan Bolejack Learning Center at academic.support@ccuniversity.edu. The Learning Center is located within the Student Services Center. Walk-ins are welcome.

Attendance:

Attendance is mandatory and a large component of the class. For your own sake, please make attendance a priority unless it is a true emergency.

Late Work Or Work Not Handed In: Late work is not accepted.

Week	Discussion Topic	Required Reading & Assignments Due
01.17 (1)	Introduction to Course Syllabus Review Overview of Theories: Part I - Psychoanalytic, Adlerian, Gestalt, & Behavior	—
01.24 (2)	Overview of Theories: Part II - CBT, Solution-Focused, & Person-Centered Introduction to Counseling Paperwork: Informed Consent & DAF In-Class Activity: Complete a DAF	<i>Lutz: Introduction and Chapter 1 Canvas Response</i>
01.31 (3)	Theories Quiz Paperwork Continued: Progress Notes, Treatment Plan, & Closing Summary	<i>Lutz: Chapter 2 Canvas Response</i> Study Theories
02.07 (4)	Introduction to Basic Counseling Skills In-Class Activity: 3.1, pg. 22	<i>Lutz: Chapter 3 Canvas Response</i> Nelson-Jones: Chapters 1-3
02.14 (5)	What You Bring to Counseling and Helping Review and Group Discussion	<i>Lutz: Chapter 4 Canvas Response</i> Nelson-Jones: Chapter 4 Activites 4.1-4.5, pgs. 31-32
02.21 (6)	The Helping Relationship & Process: Building empathy and rapport Review and Discussion In-Class Activities: 5.1, pg. 38 6.1, pg. 44	<i>Lutz: Chapter 5 Canvas Response</i> Nelson-Jones: Chapters 5 & 6
02.28 (7)	Active Listening Review and Discussion In-Class Activity: 7.1, pg. 50	<i>Lutz: Chapter 6 Canvas Response</i> Nelson-Jones: Chapter 7
03.07 (8)	Discussion Panel Q&A w/ Professional Counselors	<i>Lutz: Chapter 7 Canvas Response</i>
3.14	NO CLASS - SPRING BREAK	
03.21 (9)	Body Language Review and Discussion In-Class Activities: 8.1, 8.2, & 8.3, pg. 57	<i>Lutz: Chapter 8 Canvas Response</i> Nelson-Jones: Chapter 8
03.28 (10)	Reflecting Feelings Review and Discussion In-Class Activities: 9.1 & 9.2, pgs. 63-64	<i>Lutz Chapter 9 Canvas Response</i> Nelson-Jones: Chapter 9

Week	Discussion Topic	Required Reading & Assignments Due
04.04 (11)	Starting a Session, Structuring, and Summarizing Review and Discussion In-Class Activity: 10.1, pg. 70	<i>Lutz: Chapter 10</i> <i>Canvas Response</i> Nelson-Jones: Chapter 10
04.11 (12)	Multicultural Helping Review and Discussion In-Class Activity: 27.2, pg. 178	Nelson-Jones: Chapter 27 Activity 27.1, pg. 178
04.18 (13)	Asking Questions Review and Discussion In-Class Activities: 11.1 & 11.2, pg. 76	Nelson-Jones: Chapter 11
04.25 (14)	Offering Challenges and Feedback Review and Discussion In-Class Activity: 13.2, pg.90	Nelson-Jones: Chapter 13 Activity 13.1, pg. 90
05.02 (15)	Session Closing Review and Discussion In-Class Activity: 23.2, pg. 149	Nelson-Jones: Chapter 23 Activity 23.1
05.09 (16)	Catch Up Day Final Exam Prep	—
5.16	NO CLASS - FINAL EXAM WEEK	