



**DEPARTMENT OF ARTS AND EDUCATION
COURSE OUTLINE – WINTER 2021**

ED4420 (A3): Introduction to Counselling – 3 (3-0-0) 45 Hours for 15 Weeks

INSTRUCTOR: Dr. Ali M. AL-Asadi **PHONE:** 780-539-2061
OFFICE: C-311B **E-MAIL:** aalasadi@gprc.ab.ca
OFFICE HOURS: By appointment.

WINTER 2021 DELIVERY: Remote Delivery. This course is delivered remotely. There are no face-to-face or onsite requirements. Students must have a computer with a webcam and a reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca

CALENDAR DESCRIPTION: This course is an introduction to counselling and guidance services and is designed to appeal to students who plan to work in the fields of psychology and mental health, rehabilitation, education, and other human services occupations. Students will be exposed to a variety of theoretical perspectives in counselling and will be assisted in acquiring basic trans-theoretical micro counselling skills.

PREREQUISITE(S)/COREQUISITE: ED2000 or PY1050 or equivalent

REQUIRED TEXT/RESOURCE MATERIALS:

- Textbook consists of a collection of reading materials, articles, and other resources based on Open-Sourced texts are be posted on this course’s D2L site at:
<https://myclass.gprc.ab.ca/d2l/home>

DELIVERY MODE: Online and Recorded Lectures, Guest Lecturers, Discussions, & Video Conference

COURSE OBJECTIVES: This course will focus on

- the concepts and various theoretical and ethical perspectives underlying counselling practice
- the requisite skills and attitudes for understanding oneself (one’s personality) and others and to enhance personal attributes (personal growth) that are conducive to the counselling process
- specific theories (including psychodynamic, person-centred, and cognitive behavioural) and types of counselling orientations, their goals, techniques, and approaches
- basic interpersonal communication and counselling skills, such as active listening, paraphrasing, summarizing, reflecting feelings, clarifying ideas, open and closed questioning, probing, focusing, interpreting, and exploring alternative solutions to problems and identifying their probable logical consequences to assist clients in decision-making.

LEARNING OUTCOMES: Upon completion of this course, students will be able to

- articulate the professional and social responsibilities of counsellors
- exhibit knowledge of the theoretical basis and applications in counselling
- demonstrate the ability to reason critically about topics related to the essential ambiguities of the helping relationship
- demonstrate basic interpersonal communication and counselling skills, including nonverbal communication, open and closed questions, paraphrasing, and reflecting
- recognize, differentiate, categorize, and evaluate different counsellor responses that create obstacles to communication and contribute to transference and countertransference patterns in helping relationships

TRANSFERABILITY:

This course is considered a University Transferable Course; however, the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide at <http://transferalberta.alberta.ca/transfer-alberta-search/#/audienceTypeStep>

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability and transferable grades.**

EVALUATIONS:

Exam 1	20%
Exam 2	20%
Exam 3	20%
Presentation	20%
Ethics Assignment	20%
Research Essay	20%
Counselling Skills Video Assignment	20%
Total	160% (Choose any 5)

* The nature, scope, and depth of the Ethics and Counselling Skills Video Assignments will be discussed in class.

* Remember, all exams may include questions from lectures that may not be covered by your textbook.

Research Essay (Value: 20% of course grade)

The research essay shall focus on a topic which is of interest to the student. It may be related to any of the topics covered in class or textbook. Examples of research topics are: topics on the evolution of counselling and how we got from there to here; topics on traditional and more contemporary interventions (for example, art, music, drama, dance, sport, and animal therapy); topics on being a therapist; topics related to ethical and professional conduct in counselling; and topics on the efficacy of counselling modalities including online therapy. Other topics may be considered if a student can show relevancy to the field of counselling psychology. The research paper will be based on a minimum of 6 peer reviewed published articles plus other sources. The paper shall be about 2500 words in length (typed and double-spaced APA style). The word limit does not include a title page, abstract page, and a reference page. Papers must be written and typed in proper and current APA format (6th edition), 12-point font and approximately a one-inch margin on all sides of text. Papers should be checked to ensure that spelling, grammar, and sentence structure are correct. The grade of the essay will be based on: a clear and concise introduction that indicates the overall structure of the essay and the purpose of the work; a concise integrative synthesis of research articles and references while illustrating the ability of critical thinking; a good structure, logical flow and clarity of style; a good conclusion that summarizes the main themes and findings of the work; and the overall presentation of the work and the appropriateness of the selected references.

Presentation (value: 20% of course grade)

Once your topic is chosen and approved, prepare a presentation of 25 to 30 slides on your topic. Each slide should have sufficient content to be informative, but not too much to make it difficult to read. The presentation should have sufficient details to inform and educate the audience. It should have sufficient depth and breadth to justly cover the topic. Students may be asked to present to the class.

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	66-69
A	4.0	90-94		C	2.0	63-65
A-	3.7	85-89		C-	1.7	60-62
B+	3.3	80-84		D+	1.3	55-59
B	3.0	75-79		D	1.0	50-54
B-	2.7	70-74		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

WEEK	TOPIC	EVALUATION
Week 1	Are the Helping Professions for You?	
Week 2	Helper, Know Thyself	

Week 3	Knowing and Managing Your Values	
Week 4	Understanding Diversity	
Week 5	Common Concerns of Beginning Helpers	Exam 1 20%
Week 6	The Helping Process	
Week 7	Theory Applied to Practice	
Week 8	Ethical and Legal Issues Facing Helpers	
Week 9	Managing Boundary Issues	
Week 10	Working with Groups	Exam 2 20%
Week 11	Working in the Community	
Week 12	Stress, Burnout, and Self-care	
Week 13	Managing Crisis Personally and professionally	
Week 14		
Week 15	No Classes. Final Exam Period. Final Exam is scheduled by the Registrar Office	Exam 3 20%

STUDENT RESPONSIBILITIES:

The assigned readings and exercises for each class should be completed before attending that class, except for the first class. As this course will depend heavily on practice exercises, attendance at all sessions is required and is critical to the student's success in the course. In case of illness or emergency, please notify the instructor as soon as possible. If you find yourself having difficulty in this course, please contact the instructor immediately for assistance. If you want more discussion with the instructor about any aspect of the course, please visit during office during office hours or at a more convenient pre-arranged time.

If a student is unable to attend an in-class test or quiz, the instructor must be advised before the test/quiz is administered. E-mail notification is fine. The test/quiz will usually then be written at a later time at the testing centre or pre-arranged location. Failure to notify the instructor of an absence will result in a grade of 0 on that test/quiz.

It is expected that all students will display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with your fellow students and the instructor, attention to fellow student questions and instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

Role Plays, Privacy, and Confidentiality

Because of the experiential nature of this course and the use of role play and practice interviewing and counselling, it may be possible for a colleague to reveal personal and confidential information. It is critical that you maintain the confidentiality and trust of your

classmates. These principles are critical to successful completion of this course and for counselling itself. *At the same time, there are legal limits to confidentiality.* **You should come to the instructor if you at any time suspect that a classmate may be at imminent risk of harm to themselves and/or others or if you suspect/it is reported to you that a child (anyone under age 18) or vulnerable person (such as seniors) is being abused in any way or neglected. These instances must be reported by law in Alberta and are part of the codes of ethics for all helping professions.** All other breaches of confidentiality and trust by a person involved in this course is a serious violation of the ethics codes of the counselling profession and may have serious consequences to self and others. **Never divulge personal information learned in this class to others without written permission from that person or persons involved. Please also note that because confidentiality between classmates cannot be completely guaranteed, it is important that you keep this in mind when sharing personal information.**

When role playing, as the client you have the right to stop or not participate at any time. However, if you find yourself not wishing to engage in the counselling exercises at all, despite assurance of confidentiality, you should perhaps consider dropping the course. You also have the right and responsibility to only share of yourself what you want to talk about. You are not required to disclose any personal information that you do not want to share with your classmates. The topics or situations that you choose to discuss in simulated counselling sessions may be hypothetical or contrived.

Self-Care/Assistance

You are also expected to take care of yourself throughout this course, physically, psychologically, emotionally, socially, and spiritually. If you find yourself having difficulty in this course, please contact the instructor as soon as possible for assistance.

STATEMENT ON PLAGIARISM AND CHEATING

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the section on Plagiarism and Cheating in the College policy titled Student Misconduct: Academic and Non-Academic at (<https://www.gprc.ab.ca/about/administration/policies/fetch.php?ID=68>).

Instructors reserve the right to use electronic plagiarism detection services on written assignments. **Instructors also reserve the right to ban the use of any form of electronics (cell phones, Blackberries, iPods, tablets, scanning pens, electronic dictionaries, etc.) during class and during exams.**

**Note: all Academic and Administrative policies are available at <https://www.gprc.ab.ca/about/administration/policies/>

ADDITIONAL INFORMATION:

1. The format of each exam will be discussed in class.
2. Exam grades are final and there is no substitute work for a poor exam grade.
3. It is your responsibility to read each assigned chapter and additional readings (if any) and attend all lectures.
4. Lectures will not always cover material in your chapters. It is therefore imperative that you attend every class as your exams may include materials from the lectures that are not covered by your textbook.
5. It is expected that students will display a professional attitude and behaviour. These attitudes and behaviours are many and will be discussed in class. Any violation or misconduct may result in dismissal from the class.
6. Talk to your instructor if you have concerns or you are experiencing difficulties that may have negative impact on your academic performance.

If you have any questions or concerns about ED4420, please arrange a time to speak with me.

Wishing you a successful term!

Please keep this course information sheet for future reference.