

Grande Prairie Regional College  
Department of Arts, Commerce and Education

**ED 4420 (Introduction to Counseling)**  
Lecture 3 (3-0-0) UT to UA, UC, UL, AU, AUC  
Winter 2005

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Office Hours: Tuesdays 1 – 2:15, Wednesdays 2:30 – 3:45 or by appointment

Textbook: Young, Mark. (2005). *Learning the art of helping: Building blocks and techniques*. Upper Saddle River, New Jersey: Pearson.

Optional Textbook: Haig, J., Raikes, G., Sutherland, V. (2003). *Cites and sources*. Toronto: Ontario: Thomson.

Prerequisites: ED 2000 or PY1050 or equivalent

Course Description: This course is an introduction to counseling 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 counseling and will be assisted in acquiring basic trans-theoretical micro counseling skills.

Content Description: Evaluations will be based on the following:

Library Quiz	5%	TBA
Paper	20%	February 10
Therapy Presentation	10%	TBA
Case Study Analysis	20%	March 10
Journal	10%	April 7
Final Exam/Project	25%	TBA
Class Participation	10%	

Please note that the dates listed on this outline are tentative and are subject to change. For the final examination students must be available between April 16 and 26. The Student Services Office will announce the date and time of the final exam later in the term. This information is also subject to change so students should confirm the posted exams schedules as they are updated. The final exam in this course will consist of a take home project that will be given to you later in the term.

Any form of academic misconduct such as plagiarism is taken very seriously and is punishable in a variety of ways. For more information on student rights and responsibilities, codes of conduct and the penalties that can be imposed for infractions please see pages 39 – 43 of the current college calendar. You are especially encouraged to familiarize yourself with the section on plagiarism on page 40 and ask your instructor if you are at all uncertain about this serious and often misunderstood form of academic misconduct. Always be very clear about citing where borrowed wording, ideas and information begin and end in your work. It is not enough to just list the source in your reference (bibliography) section.

Please be advised that a lack of planning on your part will not constitute an emergency on the instructor's part. For example, leaving all work on the projects to the last minute and then having a crisis will not necessarily get you an extension. Be aware that you may be asked to provide evidence of prior work before being granted an extension however extensions are rarely granted in lieu of the above late penalty.

Because lectures will not always cover the assigned readings and because a large part of this course will be experiential with practice exercises your attendance is expected at all lectures. I reserve the right to bar you from writing the final exam if you have accumulated more than 10% of unexcused absences. Attendance will be taken regularly and will be considered towards your class participation grade. Learning is an active process that will take effort on your part and so you will be expected to read the chapters in advance of class lectures, participate in activities, assignments and discussions in the classroom and communicate with the instructor when you encounter difficulties with course material. Your questions and comments are welcomed and encouraged at any time during the class. The instructor does NOT lend out lecture notes. Students are responsible for learning all of the assigned chapters even if the material has not been covered in class as well as any other topic, video, or subject covered during class time.

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. Students unable to meet these expectations will be required to leave the class in the interest of preserving the learning opportunities of other students. Students are also expected to practice advanced self care in all areas (physical, emotional, social and spiritual) to prevent illness or injury. If you find yourself having difficulty in this course or personally with the material please contact the instructor immediately for assistance.

Because of the experiential nature of this course and the use of role-play and practice interviewing and counseling 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 counseling itself. At the same time, there are legal limits of confidentiality. You have no legal right to maintain confidentiality if you were instructed by a judge to answer a specific question by an attorney in course. You should also come to the instructor if you at any time suspect that a classmate may be injuring themselves or others or if you suspect a child is being endangered. 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 any person involved in this course is a serious violation of the ethics code of the counseling profession and may have serious consequences to self and others. Never divulge personal information learned in this class to others who are not enrolled in this course without a written permission from that person or persons involved.

When audio or videotaping a session with role-playing be sure you have the permission on tape for that interview to proceed. If your 'client' wishes, stop the tape at any time. Submit to the instructor only client-approved portions of the video for evaluation. In your role-plays as a client you 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 counseling sessions may be hypothetical or contrived. You have the right and a choice to not participate or to stop participating in any experiential exercises. At the same time, if you find yourself not wishing to engage in the counseling exercises at all, despite assurances of confidentiality, you should perhaps consider dropping the course.

NOTE: Any changes to the course outline will be made in consultation with the students during class time. Should you not be present in class when such a consultation is made it is your responsibility to acquire the changed information.

Important dates:      Library session TBA  
                              Library quiz due TBA  
                              Last day to add a class January 7  
                              Last day to drop a class January 14  
                              Paper due February 10  
                              February 24 is a holiday  
                              Class Presentation TBA  
                              Case Study Analysis due March 10  
                              Last day to withdraw from a class March 17  
                              Journal due April 7

Grade Schedule:

A+	4.0		Outstanding
A	4.0	95 - 100	Excellent
A-	3.7	90 - 94	
B+	3.3	85 - 89	First Class Standing
B	3.0	80 - 84	
B-	2.7	75 - 79	Good
C+	2.3	70 - 74	
C	2.0	65 - 69	
C-	1.7	60 - 64	Satisfactory
D+	1.3	55 - 59	
D	1.0	50 - 54	Minimal Pass
F	0.0	0 - 49	Fail

## Paper

The paper in this course will be a summary of a particular type of psychotherapy. You will choose a particular form of psychotherapy from a list provided by the instructor, conduct research on that type of therapy and summarize the key theoretical ideas and fundamental strategies for intervention suggested by that form of therapy. No two students will write their papers on the same type of therapy. The paper should be no more than 7 pages in length (typed and double-spaced). These seven pages would include a title page and reference page with no more than five pages of written text. Lastly, along with your paper please include a one page summary sheet of the key ideas and strategies of that form of therapy to be disseminated to your fellow students. You need not include your name on that summary sheet. Papers (but not the summary sheet) must be stapled (not in duo tang or other fancy cover) and written in proper and current APA format (5<sup>th</sup> edition). Please use plain white paper, 12-point font and approximately a one-inch margin on all sides of your text. Spelling, grammar and sentence structure will also be graded. I will review APA format in class for those not familiar with it but you are strongly encouraged to use/purchase the optional textbook and/or the Publication Manual of the APA (5<sup>th</sup> edition). Plagiarism will be treated as a serious academic offence. The paper is due at the beginning of class on the due date assigned. Papers handed in after that time will receive a 10% late penalty for each day it is late including weekend days.

## Presentation

From your paper you will give a 15 - 20 minute presentation on the form of therapy you chose to the class. In this presentation you will review the key theoretical ideas and the strategies for intervention suggested by that form of therapy. Basically you will simply share what you learned from your research for your paper with your colleagues. The summary sheet will be given to your classmates as notes so prepare the summary sheet with the presentation in mind.

## Case Study Analysis

A case study will be given to you to analyze from both an ethics point of view as well as a therapeutic point of view. This analysis must have the same standards of APA format, length and mechanics as the paper.

## Journals

Journals will be ongoing throughout the term both within class and outside of class time. Do not feel you have to limit yourself to journaling about the specified questions only but anytime you feel challenged or provoked by the material you encounter in this class. Be advised that you will be asked to hand in those journals at the end of the course so please consider the types of responses you are willing to share with the instructor.