



Professional Education Unit

Department of Foundational and Graduate Studies in Education

THEORIES OF COUNSELING (ONLINE)

EDGC 666-301- 3 credit hours (Graduate)

Fall 2011

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Office Hours: Email questions answered within 24 hours
Online consultation via email as needed.

Course Description:

From MSU Catalog: (MSU Graduate Catalog) *Prerequisite EDGC 656.* Basic philosophies, principles, and procedures in counseling.

Further Description: This course is designed to provide students with an opportunity to become familiar with major theories of counseling including psychoanalytic and psychodynamic, Adlerian, person-centered, existential, gestalt, reality, behavior, cognitive, feminist, family-systems, solution-focused, narrative, and psychopharmacological (biological) approaches. Additionally, the: (1) historical background; (2) assumptions and core concepts of the theory; (3) counselor's role and counselor-client relationship; (4) goals of the therapy; (5) therapeutic techniques used; (6) multicultural and diversity effectiveness; (7) primary applications, and (8) research will be explored for each counseling theory.

“Community Engagement: A Light to and from the Mountains”

The Professional Education Unit at Morehead State University delivers rigorous, high quality programs that prepare professionals informed by best national and international scholarship, plus research, literature, and experiences specific to Appalachia- preparing professionals to improve the schools, quality of life, and the communities in which they live and serve. This statement is not only the strategic mission for the College, but it also incorporates the conceptual framework that guides all our activities.

Conceptual Framework Outcomes (CFOs):

The Unit and the faculty within individual programs assess the degree to which its graduates:

- 1) Master the content knowledge, professional and the twenty-first century skills need to make an optimal contribution to “whole” student learning in education settings.
- 2) Are competent in the collection and use of data to inform decision – making and to demonstrate accountability for student learning.
- 3) Demonstrate professional dispositions
- 4) Are culturally competent and understand the regions from which they have come utilizing knowledge and experiences to effectively “bridge the gaps” (economic, achievement, and geographic) ensuring optimal learning for all students.
- 5) Engage in authentic field experiences in collaboration with committed school – based partners and are empowered to improve the quality of education throughout this region and beyond.

Student Learning Outcomes (SLOs): By the end of this course, the candidate will be able to:

1. describe the historical background of the major counseling and psychotherapy theories.
2. identify the assumptions and core concepts of the major counseling and psychotherapy theories.
3. explain the counselor's role and the counselor-client relationship in each theoretical approach.
4. describe the therapeutic techniques used by each theoretical approach.
5. explain the multicultural and diversity effectiveness of each theory.
6. identify the primary applications of each theoretical approach .
7. describe the integration of each theory with other approaches.
8. describe methods used to evaluate the effectiveness of each theoretical approach.
9. understand the findings of research studies on varied theoretical approaches.
10. explain one theoretical approach to peers using selected media

KYS/KERA/NCATE/ EPSB Accreditation Alignment of CFOs and SLOs:

Program: M.A. in Counseling		Theories of Counseling			
Course Assessments Aligned with Assessment (% values) → →	Kentucky Teacher Standards (KYS)	Kentucky Education Reform Act (KERA)	National Council for the Accreditation of Teacher Education www.ncate.org	Educational Professional Standards Board http://kyepsb.net	Kentucky Standards for Guidance Counseling Programs approved by the 2005 EPSB and derived from CACREP Standards
Assigned Reading Assessment: Weekly Exams (300 points) Final Exams (140 points) Theory Summary (50 points) CFO: 1, 2, 3, 4 SLO: 1-9	1.1;1.2; 1.4; 1.5; 2.2; 2.3; 2.5;3.3; 3.4; 3.5; 4.5;5.1; 5.2;5.3; 5.4;5.5; 5.6;6.1;6.2; 6.3; 6.4; 6.5; 7.1;7.2; 8.3; 8.4	1,2,4,5	1d,1e,1f,1g,4a,	Literacy/Reading Diversity Assessment	C2h;C3a;C3b;C3c;C3d;D1c ;D2a;D2f;D4a;D5a;D5b;D5c;D5d;De;D8e
Weekly Discussion Board Posts (170 points)	5.1; 5.2 ;5.4; 5.5; 5.6	1,2,4,5	1d,1e,1f,1g,4a,	Literacy/Reading Diversity Assessment	C2h;C3a;C3b;C3c;C3d;D1c ;D2a;D2f;D4a;D5a;D5b;D5c;D5d;D5e;D8e
Theoretical Integration Paper (140 points) CFO: 1, 2, 3, 4 SLO: 1-9	1.1;1.2;1.4;1.5;2.2 2.3;2.5;3.3;3.4;3.5 ;4.5;5.2;5.3;5.4;5.5; 5.6;6.1;6.2;6.3;6.4; 6.5;7.1;7.2;8.3; 8.4	1,2,4,5	1d,1e,1f,1g,4a,	Literacy/Reading Diversity Assessment	C2h;C3a;C3b;C3c;C3d;D1c ;D2a;D2f;D4a;D5a;D5b;D5c;D5d;D5e;D8e

Assignment Descriptions:

Program: M.A. in Counseling Theories of Counseling	
Assessment	Description
Assigned Reading:	As an introductory course in theories of counseling and psychotherapy, a great deal of material will be covered this semester. Reading the textbook assignments and Blackboard materials is required. This course is completely online. <u>Weekly assignments will be presented and must be completed within the weekly deadlines prescribed.</u> Although all meetings will be asynchronous, the student's frequent participation in discussions via the discussion board will impact your course grade.
Weekly Formative Exams (300 points)	Weekly 20-item, multiple-choice exams will be posted on Monday mornings by 8:00 A.M. <u>The exams must be completed by Sunday night at 11:55 p.m. (almost midnight) on the week they are presented.</u> For these formative, weekly, exams the candidate may retake the multiple-choice exam up to four times or until they reach 20/20 mastery. The exams will be made available on Monday mornings by 8:00 am.
Theory Summary (50 points)	Each student will be responsible for creating a summary for one of the 13 theories that we will cover. Students should complete the Understanding the Syllabus assignment by this Thursday, August 18, 2011 . As part of this assignment you will rank your top five choices for theories you would like to work on. You will also let me know whether you want to work with a partner. I will review the requests and give you your theory by the following Monday. You will responsible for creating a summary of your assigned theory using the summary sheet under assignments. The summaries will be compiled and anonymously shared with the class so, that each student completes this class with a summary of each theory covered in the course. <u>Your theory summary will be due on the Tuesday at 11:55 pm after the week your theory is covered.</u> More detailed instructions are available on Blackboard.
Final Exam (140 points)	There will be a comprehensive multiple-choice summative Final Exam during Finals Week. The deadline is Thursday, December 16, 2011 at 11:55 pm. For this final, summative, exam, the candidate may take the exam ONLY ONCE .
Weekly Discussion Board (170 points)	The requirement is that the candidate will participate with at least one posting to the prompt by 11:55 pm on Thursday . The candidate is also required to respond to at least 3 other posts by Sunday at 11:55 pm in the Discussion Board EACH WEEK . During the first week the candidate is expected to also reply to the introduction Discussion Board and submit the Understanding the Syllabus assignment.
Theoretical Integration Paper (140 points)	The final paper is an exploration of your own beliefs about the nature of people, problems, how people change, and the counseling theory(s) that fits best with your beliefs. You may use any theory(s). The paper should be written in APA 5 th edition format and should have at least 3 scholarly references, 5 pages minimum. The goal of this paper is to help foster the integration of your theoretical and experiential learning into your own personal model of the counseling process. As such, you are asked to answer the questions "What helps clients change?" This paper is due on Sunday, December 11 at 12:55 pm. More detailed instructions and rubric will be provided on Blackboard.

Grading Scale: 90-100%=A; 80-89%=B; 70-79%=C; 60-69%=D; 59% and below = E

Required Textbooks:

- Archer, J. & McCarthy, C.J. (2007). *Theories of counseling and psychotherapy: Contemporary applications*. Columbus, OH: Pearson, Merrill, Prentice Hall. ISBN 0-13-113803-0
- Additional Readings as listed within Blackboard Site
- **Online Student Checklist:** This checklist is designed for anyone starting an online class or a course utilizing electronic resources. <http://www.moreheadstate.edu/dl/index.aspx?id=5352>
It is also a VERY useful review for all!

Recommended Readings: Additional readings and resources will be posted on Blackboard.

All students in this course are required to purchase a Folio 180 account.

To purchase Folio180 online or through the MSU Bookstore:

1. Purchase Folio180 at the MSU Bookstore and follow the instructions included with that purchase.
2. To purchase online, go to www.folio180.com/msuky/coe <<http://www.folio180.com/msuky/coe>>
3. Complete registration and payment information. Your login information will be emailed to you.
4. Note: if you have a Tk20 account, you will NOT need to purchase Folio180--we will provide your Folio180 account information to you via email. Announcements and instructions will also be made on the CoE Facebook page.
5. You will be able to continue using your Folio180 account through any graduate programs you might enroll in through MSU.
6. NOTE: students must have purchased or activated their Folio180 account by midterm or they will receive an "E" at midterm per TEP policy.

Course Evaluation: The course grade will be calculated based on the percentage of points earned.

Course Assignments	Points Value
Weekly Discussion Board	170 points
Weekly posts (16 x10) - 160	
Introduction post - 5	
Understanding the Syllabus - 5	
Weekly exams	300 points
Final Exam	140 points
Theoretical Integration Paper	140 points
Theory Summary	50 points
Total Points Available	800 points

Attendance Policy:

All weekly material will be available by Monday at 8:00 am. All assignments must be completed by their assigned due date. If a candidate has a true personal or family emergency he or she should contact the instructor immediately and accommodations will be made.

Academic Honesty

Cheating, fabrication, plagiarism or helping others to commit these acts will not be tolerated. Academic dishonesty will result in severe disciplinary action including, but not limited to, failure of the student assessment item or course, and/ or dismissal from MSU. If you are not sure what constitutes academic dishonesty, read the Eagle: Student Handbook or ask your instructor. An example of plagiarism is copying information from the Internet when appropriate credit is not given. The policy is located at <http://morehead-st.edu/units/studentlife/handbook/academicdishonesty.html>

Americans with Disabilities Act (ADA)

In compliance with the ADA, all students with a documented disability are entitled to reasonable accommodations and services to support their academic success and safety. Though a request for services may be made at any time, they are best applied when requested at or before the start of the semester. To receive accommodations and services the student should immediately contact the Disability Services Coordinator at: 204-E ADUC, 606-783-5188, or e.day@moreheadstate.edu

Campus Safety Statement

Emergency response information will be discussed in class. Students should familiarize themselves with the nearest exit routes in the event evacuation becomes necessary. You should notify your instructor at the beginning of the semester if you have special needs or will require assistance during an emergency evacuation. Students should familiarize themselves with emergency response protocols at <http://www.moreheadstate.edu/emergency>

Course Calendar:**Fall 2011 Tentative Weekly Schedule**

Date	Topic	Readings	Assignments Due
Week 1 (8/22 – 8/28)	Introduction	Chapter 1, additional readings as assigned	Discussion Board Responses, Weekly Exam Understanding the Syllabus
Week 2 (8/29 - 9/4)	Psychoanalytic and Psychodynamic Theories	Chapter 2, additional readings as assigned	Discussion Board Responses, Weekly Exam
Week 3 (9/5 – 9/11)	Adlerian Counseling	Chapter 3, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 2 Theory Summary
Week 4 (9/12 – 9/18)	Person-Centered Counseling	Chapter 4, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 3 Theory Summary
Week 5 (9/19 – 9/25)	Existential Counseling	Chapter 5, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 4 Theory Summary
Week 6 (9/26 – 10/2)	Gestalt Therapy	Chapter 6, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 5 Theory Summary
Week 7 (10/3 – 10/9)	Reality Therapy	Chapter 7, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 6 Theory Summary
Week 8 (10/10 –10/16)	Behavior Therapy	Chapter 8, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 7 Theory Summary
Week 9 (10-17 –10/23)	Cognitive Approaches	Chapter 9, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 8 Theory Summary
Week 10 (10/24 –10/30)	Feminist Therapy	Chapter 10, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 9 Theory Summary
Week 11 (10/31 – 11/6)	Family Systems Approach	Chapter 11, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 10 Theory Summary
Week 12 (11/7 – 11/13)	Solution-Focused Therapy	Chapter 12, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 11 Theory Summary
Week 13 (11/14 –11/20)	Narrative Therapy	Chapter 13, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 12 Theory Summary
Week 14 (11/21-11/27)	Psychopharmacological Approaches	Chapter 14, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 13 Theory Summary
Week 15 (11/28- 12/4)	Theoretical Trends	Chapter 15, additional readings as assigned	Discussion Board Responses, Weekly Exam, Week 14 Theory Summary
Week 16 (12/4 -12/11)	Review and Wrap up	Readings as assigned. Will be posted on Blackboard.	Discussion Board Responses, Theoretical Orientation Paper Due on December 11, by 12:55 pm.
Finals Week (12/12-12/16)	Final Exam will be available on Monday, December 12, 2011. In order to receive full credit, the exam must be completed and submitted by Thursday, December 16, 2011 .		