Wayne State University
College of Education

Course Syllabus

Division: Theoretical and Behavioral Foundations

Program Area: Counselor Education

Course #: CED 6070

Course Title: Introduction to Counseling

Section #: 21224 001

Term/Year: Winter / 2016

Course Location: 149 Ed

Day: Monday Time: 4:30 to 7:15

Instructor: Shirley Mack, PhD, LPC
            Lecturer
            Licensed Professional Counselor

Office Address: Main Campus: 327 Education

Office Hours: Tuesday 2:00 to 4:30
              Wednesday 2:00 to 4:30

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           (313) 577 1613
           E-Mail: ab2628@wayne.edu

NOTICE: To receive credit for this course you must be admitted to the Counseling program. Failure to follow this rule may result in automatically being withdrawn from this course.
**Course Description:** An overview of the counseling profession including the helping process, theories of counseling and consulting, training, credentialing, ethical and legal standards, professional organizations, assessments [ex: IQ, MEAP, SAT], history and trends of basic research.

**Learning Outcomes:** The major goal of the Counselor Education program is to provide an educational experience designed to help you become facilitative counselors who are reflective, innovative professionals committed and competent to help clients, colleagues, and themselves acquire knowledge, skills and understandings necessary to participate in and contribute to the quality of life in a complex, changing urban society.

Employing various class, individual and group activities, the specific objectives for this course are:

1. To encourage personal and professional development by reflecting upon counseling as a career choice [including such concentrations as school, agency, art therapy, agency, etc.] through clarification of value and belief systems and encouraging self-awareness.
   
   **CMHC:** D.9, E.1, E.2

2. To encourage development of professional writing skills which reflect expressive and critical reactions to class readings, lectures, and activities, and demonstrate ability in relating his/her feelings in writing.

   **CMHC:** C.9, E.1, E.2

3. To develop openness in the use of self-evaluation and feedback from others to improve interpersonal skills and self-knowledge.

   **CMHC:** E.1, E.2
   **SC:** D.5

4. To provide a basic understanding of the origin, theories, purpose, ethics, and techniques of counseling.

   **A.1, A.2, A.3, A.5, C.9, E.1, E.2**
   **SC:** A.1, A.4

5. To provide basic knowledge of counseling and communication skills including attending, paraphrasing, reflecting feelings, observing non-verbal behavior, self-disclosure, and responding empathically. Students will use simulation techniques, role-playing, and interviewing to develop minimal levels of competency in these basic counseling skills.

   **CMHC:** D.2, E.2

6. To increase students' sensitivity and awareness of cultural, ethnic, age, gender, religious preference, physical disabilities, intellectual ability, sexual orientation, socioeconomic, and value differences.

   **CMHC:** D.2, E.1, E.2

7. To provide information about professional organizations, licensure, certification, and the interpretation and application of the legal requirements and ethical codes related to the
practice of counseling.
CMHC: A.1, A.2, A.4, A.7, C.9
SC: A.2, A.4

8. To provide information about the organization, requirements, and activities of the Counselor Education program at Wayne State University.
CMHC: A.4, A.7, D.9, E.1, F.1

9. To experience and evaluate a counseling experience from the client perspective.
CMHC: A.2, E.2

10. To identify various settings providing counseling services and career opportunities for counseling degrees.
CMHC: A.1, A.3, C.5, F.1

Other topics which are covered in this course include, but are not limited to, the following:
• historical, philosophical, societal, cultural, economic, and political dimensions of the mental health movement;
• roles, functions, and professional identity of community counselors;
• structures and operations of professional organizations, training standards, credentialing bodies, and ethical codes pertaining to the practice of community counseling;
• implications of professional issues unique to community counseling including, but not limited to recognition, reimbursement, and right to practice; and
• implications of socio-cultural, demographic, and lifestyle diversity relevant to community counseling.
CMCH: A.1, A.2, A.3, A.4, A.5, A.7, C.9, D.2, E.1

** CMHC: Clinical Mental Health Counseling Standards  
** SC: School Counseling Standards

Methods of Instruction:

A variety of teaching interventions will be used to achieve the objectives of this course and address course content by appealing to all student learning styles. These interventions will include, reading assignments, self-reflection, research and expression of understanding through writing assignments and class presentations, experiential activities, group discussion, role play, lectures and testing

Required Text:


Supplemental Texts (optional):


Additional References:

Books and Articles:


Corey, G. (2012). Case approach to counseling and psychotherapy (8th ed.). Pacific Grove,


**Manuals:**


Journals:

Counseling Psychologist
Elementary School Guidance and Counseling
Journal of College Counseling
Journal of College Student Development
Journal of Counseling & Development
Journal of Mental Health Counseling
Journal of Multicultural Counseling and Development
Measurement and Evaluation in Counseling and Development
Michigan Journal of Counseling and Development
School Counselor

Course Assignments:

If you wish, written assignments may be turned in early.

A. Reading Assignments and Participation (DUE: per class schedule)

1. Readings assigned in the Course Schedule should be completed as indicated. Each class will begin with a discussion of key concepts within the assigned chapters for the week. Students should be prepared to summarize, discuss, and/or react to all readings.

2. It is imperative that you read weekly and show verbal evidence of this in each class. Each student will be required to bring in one current event article (last 3 years) that relates to the reading for a particular week. Students will choose a week to present their article, on the first day of class. Current event articles (last 3 years) are worth 2 percent.

3. The Introduction to Counseling class is the foundation course for your program. Therefore attendance and being on time is imperative. **Points will be deducted for lack of attendance and lateness.** Attendance and timeliness are worth 8 percent.

   Contribution to grade: 10 percent

B. Helping Process Activity (DUE: February 8, 2016)

A brief paper (3-4 pages) on a “helpful” moment in your life and what you learned about the helping process. Identify any significant events, people, and experiences that have influenced your beliefs and attitudes about helping people. This should be a specific time when someone helped you.

The helpful person should not be a family member.

Please do not merely relay the incident. What did you learn from this helping process? What effect did it have on you? i.e., what you learned from it, and how you will apply what you learned as a result of this experience to being a counselor.

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learned as a result of this experience to being a counselor.

Rubric:
- Paper must follow the APA manual and format
- Paper must be a FULL 3 to 4 pages in length
- Paper must contain a description of the experience and what was learned
- Paper must contain the impact that the experience had on the writer
- Paper must contain how the writer will apply what was learned to being a counselor
- Paper must be free of grammatical errors

**Contribution to grade: 10 percent**

C. Article Review (DUE: February 22, 2016)

Read an article (from one of the Journals listed in this syllabus) and write a brief (one to two pages) abstract (summary) and your reaction to the article. Include the article’s citation.

Rubric:
- Paper must follow the APA manual and format
- Paper must contain a reference page in the correct APA format
- Paper must contain an abstract
- Paper must contain your response to the article
- Paper must be free of grammatical errors

**Contribution to grade: 5 percent**

D. Multicultural Interview: (DUE: March 7, 2016)

In this assignment, you will interview a person whom you perceive as being culturally different from yourself, about his/her experiences growing up. **Ideally, this person is someone you do not already know or do not know well. It CAN NOT be a family member.**

You will ask the person to exchange information about his or her life experiences and the interface of race, ethnicity, culture, gender, spirituality, and socioeconomic status with those experiences. As a counseling student learning to become a multiculturally competent, you are expected to respond to the narrator’s stories by demonstrating to him or her, the extent of what you have heard.

You should meet with this individual at least once for a minimum of 30 - 60 minutes. [If necessary, you may conduct the interview via telephone, but face-to-face is preferred]. You should prepare a general outline of questions or areas to explore, with an expectation that deviations from this outline are likely to occur.

Include in your report an analysis that emphasizes the social/cultural context in which the individual has lived. Describe how his/her life may have been affected by social factors.
such as race, gender, ethnicity, class, religion/spirituality, sexual orientation, age, gender of siblings, parent(s) and extended family, location of residence, historical events, and adult role models. Use examples and quotations from the interview to illustrate major themes and events. Discuss similarities and/or differences between your prior knowledge [based on beliefs, readings, mass media, etc.] regarding the race, culture, gender, ethnicity, class, religion/spirituality, sexual orientation, and class of the individual and your experiences with this individual. Discuss factors that may account for these differences. Describe any counseling/clinical implications that you have discovered from this interview. Exploring how this individual and his/her culture view counseling is also a topic to explore.

These interactions may range from meetings with a friend (or acquaintance) to meetings with a person whom you have introduced yourself for this project. While working with someone you already know may avoid the initial awkwardness of this activity, you are encouraged to challenge yourself multicultural by finding and introducing yourself to someone new.

You need to inform the individual you are meeting with about the purpose of this class project, the length of the contact, and the written assignment that is required of you. It should be made clear that this individual is comfortable with both the interaction and the assignment.

Following the interview, you will transcribe your questions, paraphrase the answers, and comment on and summarize your experience. The paper should be 3 - 6 pages (including the questions). It will also be marked on the appropriateness of the questions asked and the depth of your observations.

**Rubric:**
- Paper must follow the APA manual and format
- Paper must contain a reference page in the correct APA format
- Paper must contain an abstract in the correct APA format
- Paper must be 5 to 6 FULL pages in length
- Paper must contain a separate page of the questions asked. This does not count in your 5 to 6 FULL pages in length
- Paper must capture how the interviewee was affected by social factors, such as race, gender, ethnicity, etc.
- Paper must capture how the interviewer discussed the similarities and differences between their prior knowledge and current interview
- Paper must contain counseling and clinical implications discovered in the interview
- Paper must be free of grammatical errors

**Contribution to grade: 20 percent**

**E. Self-Awareness Activity (DUE: April 11, 2016 or after completion of sessions)**

1. Students are expected to serve as a client for a minimum of six counseling sessions at the WSU Counseling Center Laboratory [313/577-1681]. This activity is to encourage
reflection and self-examination with respect to the experience of "being a client.” [You were told about this experiential activity when you were interviewed]

2. You are to evaluate this experience and complete a 4 to 6 page paper on this experience relating learning and self-awareness to your career objectives by addressing the following areas:
   a. Describe your experience(s) as a client. Include affective, cognitive, and behavioral dimensions. The use of “I statements” is strongly encouraged.
   b. What did you learn about yourself?
   c. What did you learn about counseling and/or the counseling process?
   d. What did you learn about "being a client?”
   e. What did you learn about "being a counselor?”
   f. Discuss the impact of the "counseling experience" on your goals for your training and career.
   g. Discuss your learning because of the entire process beginning with when you first were aware of the assignment.

Rubric:

- Paper must follow the APA manual and format
- Paper must contain a reference page in the correct APA format
- Paper must contain an abstract in the correct APA format
- Paper must be 5 to 6 FULL pages in length
- Paper must be free of grammatical errors
- Paper must have the counseling verification sheet attached
- Paper must capture what the student learned about themselves, the overall counseling process, and what they felt when they first learned of the 6 session requirement
- Paper must contain a description of what the student learned about being a client and a counselor
- Paper must contain a description of what the student gleaned from the experience, As it pertains to their training and career

*Contribution to grade: 20 percent*

F. **Presentations: (April 25, 2016)**

Visit an agency [should be a “helping-type” agency] to gather information about the services provided. You should provide copies of a summary template to all members of the class. Gather brochures and other visual aids that may be circulated in the class (You do not need to make copies of these.) You will present this to the class. If you need special audio/visual equipment, it **must** be requested (through me) at least a week in advance.

Your presentation should include the following:

1. The purpose of the agency
2. The clientele serviced
3. How the agency helps its clients
4. Hours of operation
5. How the agency got started and how long in business
6. What credentials do “professional” staff members possess?
7. What are some challenges this agency faces? (if known)

Contribution to grade: 15 percent

G. Midterm Exam (May 5, 2016)

The midterm exam will have multiple choice, true or false, and/or short answer questions.

Contribution to grade: 20 percent

Class Policy

1. Students are expected to attend and participate in all classes and all assigned out-of-class activities.

2. Assignments are to be completed on time. Any requests for extensions must be discussed before the due date and extension may, if granted, result in loss of points for grading.

3. All papers should reflect graduate level content and preparation. Careless preparation and/or inappropriate presentation will adversely affect the grade for that assignment.

4. Incomplete grades are not routinely given. The request for an incomplete grade must be made before the end of the semester. Such requests should be limited to unusual circumstances.

Academic Dishonesty/Plagiarism

The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin (http://bulletins.wayne.edu/ubk-output/index.html) and Graduate Catalog (http://www.bulletins.wayne.edu/gbk-output/index.html) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.
CLASS SCHEDULE (SUBJECT TO CHANGE)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>Date</th>
<th>Topic</th>
<th>Reading (TBD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/11</td>
<td>Overview: Syllabus / Getting acquainted</td>
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<tr>
<td>2</td>
<td>1/18</td>
<td><strong>No Class</strong>  Martin Luther King Day</td>
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<tr>
<td>3</td>
<td>1/25</td>
<td>The Counselor’s Identity History of the Counseling Profession</td>
<td>Chapter 1</td>
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<td>Chapter 2</td>
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<td>4</td>
<td>2/1</td>
<td>Standards in the Profession: Ethics Accreditation, and Credentialing</td>
<td>Chapter 3</td>
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<tr>
<td>5</td>
<td>2/8</td>
<td>Individual Approaches to Counseling Counseling Skills</td>
<td>Chapter 4</td>
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<td><strong>HELPING PROCESS ACTIVITY DUE</strong></td>
<td>Chapter 5</td>
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<tr>
<td>6</td>
<td>2/15</td>
<td>Couples and Family Counseling Group Work</td>
<td>Chapter 6</td>
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<td>Chapter 7</td>
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<td>7</td>
<td>2/22</td>
<td>Consultation and Supervision Development Across the Life Span</td>
<td>Chapter 8</td>
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<td><strong>ARTICLE REVIEW DUE</strong></td>
<td>Chapter 9</td>
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<tr>
<td>8</td>
<td>2/29</td>
<td>Abnormal Development Diagnosis, and Psychopathology Career Development: The Counselor and the World of Work</td>
<td>Chapter 10</td>
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<td>Chapter 11</td>
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<tr>
<td>9</td>
<td>3/7</td>
<td>Testing and Assessment Research and Evaluation</td>
<td>Chapter 12</td>
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<td><strong>MULTICULTURAL INTERVIEW DUE</strong></td>
<td>Chapter 13</td>
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</tbody>
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CMHC: A.1, A.4, C.5, C.9  SC: A.1
CMHC: A.5, A.7, C.5, C.9, D.2, F.1, J.2
CMHC: A.3, A.5, C.5, C.9, D.2, J.2
CMHC: A.3, A.5, C.5, D.2, F.1, J.2
CMHC: C.9, D.2, E.1, E.2, F.1,
CMHC: C.9, D.2, E.1, E.2, I.2
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<tbody>
<tr>
<td>10</td>
<td>3/14</td>
<td>SPRING BREAK</td>
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<tr>
<td>11</td>
<td>3/21</td>
<td>Theory of Multicultural Counseling</td>
<td>Chapter 14</td>
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<td>Skills of Multicultural Counseling</td>
<td>Chapter 15</td>
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<td></td>
<td>CMHC: C.9, D.2, D.4, E.1, E.2, F.1, I.2</td>
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<td>12</td>
<td>3/28</td>
<td>School Counseling</td>
<td>Chapter 16</td>
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<td>CMHC: A.1, A.2, C.5, D.4, E.1, E.2, F.1, SC: A.1, A.2, D.5</td>
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<tr>
<td>13</td>
<td>4/11</td>
<td>Community Counseling</td>
<td>Chapter 17</td>
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<td>SELF-AWARENESS PAPER DUE</td>
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<td>CMHC: A.1, A.2, A.3, A.4, C.5, C.9, D.2, E.1, E.2,</td>
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<tr>
<td>14</td>
<td>4/25</td>
<td>Presentations Review for Final</td>
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<td>Final Exam</td>
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**Important Reminder:**

*It is your responsibility to pay attention to the registration schedule, tuition, fees, etc. Also, remember to officially drop or add any classes. Keep hard copies of any transactions.*

**Grading System**

<table>
<thead>
<tr>
<th>Grading Category</th>
<th>Percentage</th>
<th>Letter Grade</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>DISCUSSION/PARTICIPATION</td>
<td>10%</td>
<td>A</td>
<td>95 – 100 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A -</td>
<td>90 – 94 %</td>
</tr>
<tr>
<td>HELPING PROCESS</td>
<td>10%</td>
<td>B +</td>
<td>87 – 89 %</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B</td>
<td>84 – 86 %</td>
</tr>
<tr>
<td>ARTICLE REVIEW</td>
<td>5%</td>
<td>B -</td>
<td>80 – 83 %</td>
</tr>
<tr>
<td>SELF-AWARENESS</td>
<td>20%</td>
<td>C +</td>
<td>75 – 79 %</td>
</tr>
<tr>
<td>MULTICULTURAL PAPER</td>
<td>20%</td>
<td>C</td>
<td>70 – 74 %</td>
</tr>
<tr>
<td>PRESENTATION</td>
<td>15%</td>
<td></td>
<td></td>
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<tr>
<td>MIDTERM</td>
<td>20%</td>
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<td>100 %</td>
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</table>

Final grade will be based on the major requirements above.
Enrollment/ Withdrawal Policy:

Beginning in Fall 2011, students must add classes no later than the end of the first week of classes. This includes online classes. Students may continue to drop classes (with full tuition cancellation) through the first two weeks of the term.

Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.
- WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested
- WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested
- WN will be awarded if no materials have been submitted, and so there is no basis for a grade

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved.

Beginning in Fall 2011, the last day to withdraw will be at the end of the 10th full week of classes. The withdrawal date for courses longer or shorter than the full 15-week terms will be adjusted proportionately.

Attention Students with Disabilities:

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-202-4216 (video phone). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services’ mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

Religious Observance Policy:

Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.
Resources:

Wayne State University Writing Center:

The Writing Center (2nd floor, UGL) provides individual tutoring consultations free of charge for students at Wayne State University. While the center serves both graduate and undergraduate students, undergraduate students in General Education courses, including composition courses, receive priority for tutoring appointments. The Writing Center serves as a resource for writers, providing tutoring sessions on the range of activities in the writing process – considering the audience, analyzing the assignment or genre, brainstorming, researching, writing drafts, revising, editing, and preparing documentation. The Writing Center is not an editing or proofreading service; rather, students are guided as they engage collaboratively in the process of academic writing, from developing an idea to correctly citing sources. To make an appointment, consult the Writing Center website: http://www.clas.wayne.edu/writing/.

To submit material for online tutoring, consult the Writing Center HOOT website (Hypertext One-on-One Tutoring) http://www.clas.wayne.edu/unit-inner.asp?WebPageID=1330.