



UNIVERSITY OF
NORTHERN
COLORADO

APCE 607-003 Theories of Counseling
Extended Studies, Loveland Campus
3.0 Credit Hours
Fall 2022

Instructor: Bonnie Nicholson

Days/Times: 8/19 – 8/21 F: 4pm – 10pm
9/9 – 9/11 Sat: 8am – 5pm
Sun: 8am – 4pm

Location: Loveland Campus

Email: bonnie.nicholson@unco.edu

Office Hours: Before and after class or by
appointment virtually

Course Content: This course is designed to give students a comprehensive overview of major counseling theories (i.e., Psychoanalysis, Adlerian, Jungian, Existential, Gestalt, Person-Centered, Behavioral, Cognitive, Postmodern & Constructivist Theories, Multicultural Theories). The course will also emphasize the application and integration of major theories. In addition, students are encouraged to critically analyze theories and begin to develop a personal theory of counseling.

Course Description: The study and initial analysis of the major counseling theories and elements of effective psychotherapy as they apply to the counseling process.

Method of Instruction: Lecture, small group discussions/activities, role-play activities, viewing videotapes/DVDs of master therapists, and group presentations.

Textbook:

Required:

Wedding, D. & Corsini, R.J. (2019). *Current Psychotherapies* (11th ed). Cengage Learning: Boston, MA
ISBN: 978-1-305-86575-4

*Additional readings will be posted in Canvas.

Recommended:

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: American Psychological Association.

KNOWLEDGE AND SKILL OUTCOMES: Upon successful completion of this course students will:

1. Students will examine the impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others (CACREP Standards 2.F.2.d.)
2. Students will demonstrate knowledge about theories and models of counseling, (CACREP Standard: 2.F.5.a.).
3. Students will learn how to use a systems approach for conceptualizing clients (CACREP Standard: 2.F.5.b.).
4. Student will evaluate the impact of technology on the counseling process (CACREP Standard: 2.F.5.e.).
5. Students will study counselor characteristics and behaviors that influence the counseling process (CACREP Standard: 2.F.5.f.).
6. Students will learn essential interviewing, counseling, and case conceptualization skills (CACREP Standard: 2.F.5.g.)
7. Students will learn processes for developing a personal model of counseling (CACREP Standard: 2.F.5.n.).
8. Students will identify evidenced-based counseling practices (CACREP Standard: 2.F.8.b.).
9. Students will learn theories and models related to clinical mental health counseling (CACREP CMHS Standard: 5.C.1.a.).
10. Students will learn cultural factors relevant to clinical mental health counseling (CACREP CMHS Standard: 5.C.2.j.).

GRADING SCALE:

A 93% to 100%
 A- 90% to 92%
 B+ 87% to 89%
 B 83% to 86%
 B- 80% to 82%
 C+ 77% to 79%
 C 73% to 76%
 C- 70% to 72%
 D+ 67% to 69%
 D 63% to 66%
 D- 60% to 62%
 F Below 60%

Please Note: APCE 607 is considered a foundational course for all Professional Counseling Programs. Obtaining a grade of C- or below will result in your needing to repeat the course.

ADDITIONAL INFORMATION:

- **Academic Integrity:** Students are expected to practice academic honesty in every aspect of this course. Students who engage in academic misconduct are subject to grading consequences with regard to this course and/or university disciplinary procedures through the Dean of Students Office. More information about the academic misconduct process can be found in UNC's Student Code of Conduct (BEAR Code).

- **UNC's Policies:** UNC's policies and recommendations for academic misconduct will be followed.
- **Portable Electronic Devices:** Please extend courtesy to your instructor and fellow students by turning off your portable electronic devices such as: cell phones, pagers, and iPods. Although not an audio issue, text-messaging is a distraction to other students and prevents you from full participation in class. You should keep your portable electronic devices in your backpack or purse during class. Your personal electronic devices should not be on your desks. Additionally, any audio recording of class without the consent of the instructor and your classmates is an ethical violation. If you know that you may need to accept an emergency phone call during class or if you have children in childcare or school, please let the instructor know. If you need to take a phone call during class, please step out of the classroom while you complete your call. Additionally, students are encouraged to take handwritten notes and avoid the use of laptops in the classroom. This request will be further explained on the first day of the course. Thank you for your cooperation.
- **Professional Conduct:** Students are expected to adhere to the appropriate code of ethics for their particular program. Any behavior deemed unethical will be grounds for dismissal from the program.
- **Disability Resources:** It is the policy and practice of the University of Northern Colorado to create inclusive learning environments. If there are aspects of the instruction or design of this course that present barriers to students' inclusion or to accurate assessments of students' achievement (e.g., inaccessible web content, use of videos without captions), students should communicate about these aspects with their instructor(s).

Additionally, if you have a temporary health condition or a permanent disability that requires accommodations, contact the Disability Resource Center (DRC) as soon as possible. DRC facilitates the interactive process that establishes reasonable accommodations.

Office: (970) 351-2289, Michener Library L-80.

Students can learn more here: www.unco.edu/disability-resource-center

- **Equity and Inclusion:** The University of Northern Colorado (UNC) embraces the diversity of students, faculty, and staff. UNC honors the inherent dignity of each individual, and welcomes their unique perspectives, behaviors, and world views. People of all races, religions, national origins, sexual orientations, ethnicities, genders and gender identities, cognitive, physical, and behavioral abilities, socioeconomic backgrounds, regions, immigrant statuses, military or veteran statuses, sizes and/or shapes are strongly encouraged to share their rich array of perspectives and experiences. Course content and campus discussions will heighten your awareness of others' individual and intersecting identities. For information or resources, contact the Division of Diversity, Equity, and Inclusion, at 970-351-1944. If students want to report an incident related to identity-based discrimination/harassment, please visit www.unco.edu/institutional-equity-compliance.

- **Name in Use/Pronoun in Use/Name Change:** Some students may have changed their names to better reflect their gender identity or for other reasons. The process to request that the University change the name that appears on Canvas and on the course roster is available here: <https://www.unco.edu/registrar/name-change.aspx>
- **Title IX:** The University of Northern Colorado is committed to providing a safe learning environment for all students that is free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. Students who have experienced (or who know someone who has experienced) any of these incidents should know that they are not alone. UNC has staff members trained to support students to navigate campus life, to access health and counseling services, to provide academic and housing accommodations, to help with legal protective orders, and more.

Please be aware all UNC instructors and most staff members are required to report their awareness of sexual violence to the Office of Institutional Equity and Compliance (OIEC). This means that if students tell an instructor about a situation involving sexual harassment, sexual assault, dating violence, domestic violence, or stalking, the instructor must share that information with the Title IX Coordinator, Larry Loftin. Larry or a trained staff member in OIEC will contact the reporting students to let them know about accommodations and support services at UNC as well as their options to pursue a process to hold accountable the person who caused the harm to them. Students who have experienced these situations are not required to speak with OIEC staff regarding the incident. Students' participation in OIEC processes are entirely voluntary.

If students do not want the Title IX Coordinator notified, instead of disclosing this information to the instructor, students can speak confidentially with the following people on campus and in the community. They can connect you with support services and help explore options now, or in the future.

Confidential Campus Resources

Assault Survivors Advocacy Program (ASAP) Office Located: 2nd floor of Cassidy Hall

Office Phone: 970-351-1490

Web: unco.edu/asap

Hours: M-F, 9am-5pm

24 Hour Hot Line: 970-351-4040

Email: advocacy@unco.edu

UNC Counseling Center

Office Located: 2nd floor of Cassidy Hall

Office Phone: 970-351-2496

Hours: M-F, 8am-12PM, 1pm-5pm

Web: unco.edu/counseling-center

Psychological Services

Office Located: McKee Hall Room 247

Office Phone: 970-351-1645

Web: <https://www.unco.edu/cebs/psychological-services-clinic/>

Hours: By Appointment

Email: ppsv.clinic@unco.edu

*Staff members at confidential campus resources are not required to automatically report incidents of sexual or relationship/dating violence or stalking to the University. There are limits to confidentiality, and before speaking with a staff member, those exceptions will be outlined.

Students who are survivors, who are concerned about someone who is a survivor, or who would like to learn more about sexual misconduct or report an incident, can visit www.unco.edu/sexual-misconduct. Students may also contact OIEC at 970-351-4899 or email titleix@unco.edu.

- **COVID-19:** The COVID-19 pandemic is a complex, challenging, and fluid situation, which continues to evolve. UNC will follow applicable legal requirements and public health mandates, and evaluate federal, state, and county public health recommendations in all decisions related to university operations. Students should review the [Coronavirus website](#) for the current academic term for the most up to date guidance. Students who fail to comply with any public health requirements that UNC puts in place, such as the use of masks and social distancing, will be reminded of current policy; students who fail to correct their behavior will be asked to leave the classroom and may be referred to the Student Conduct and Accountability.

The safety and well-being of our Community of Bears requires each of us to be prepared to do our part to protect the health of our entire campus community, as well as our friends, families, and neighbors. It is important that all members of the university community work together to do all we can to keep our community safe.

- **Food Insecurity:** Knowing that food insecurity is experienced at higher rates among college students, UNC offers assistance to students facing food insecurity through an on-campus food pantry. The Bear Pantry is located in University Center 2166A and is open for regular hours throughout the semester. Please visit www.unco.edu/bear-pantry for more information.
- **Land Acknowledgment:** The University of Northern Colorado occupies the lands in the territories of the Ute, Cheyenne, Lakota, and Arapaho peoples. The University acknowledges the 48 tribes that are historically tied to the state of Colorado. Thus, the land on which UNC is situated is tied to the history and culture of our native and indigenous peoples. UNC appreciates this connection and has great respect for this land. Additionally, the University community pays its respect to Elders past, present, and future, and to those who have stewarded this land throughout the generations.

As part of the learning and reflection process please visit <https://native-land.ca/> or call the Office of Equity & Inclusion at 970-351-1944.

Bibliography for Counseling Theories APCE 607

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Assignments:

Attendance & Participation (100 pts): Attendance is necessary and mandatory for this course. This is a short format class; any unexcused absence will result in the loss of one letter grade. Points will also be deducted for showing up late for class. Regular, active, meaningful, and consistent participation is always necessary for personal and peer learning. A lack of individual participation will affect your grade therefore I encourage all student to make the choice to actively participate.

Shared Accountability for Classroom Climate: All members of the classroom are both a teacher and a learner. Everyone is expected to actively engage in the discussion to contribute to individual and collective learning. Participation assumes that each member of the course will be involved in active listening, dialogue, and engagement with course activities and readings. There is an expectation for respectful discussion and consideration of others' lived experiences.

Mock Therapy Session Transcript (100 pts): You will conduct a mock therapy session with a volunteer that lasts at least 30 minutes. You will focus on fundamental relationship building skills (discussed during the first part of class). Following your mock session, you will type a transcript that represents about 10- 15 minutes of your session. In your transcript, you will identify specific types of therapeutic interventions. More specific information regarding this assignment will be available on CANVAS.

Midterm/Final Exams (50 pts each): Exams will address information covered in online materials, lectures, textbook, readings, and class presentations. The midterm will emphasize information from the first half of the class and the final will emphasize information from the second half. The exams will consist of multiple-choice, short-answer and essay type questions. Exams are open book/open note.

Presentations (100 pts): You will form small groups (size of groups will depend upon size of the class) and present on various counseling theories not covered in class by the instructors. In your presentation, you will be given an individual grade and a group grade. More specific information regarding this assignment will be available on CANVAS.

Personal Theory Paper (100 pts): In this paper you will write about your emerging personal theory of counseling. You will discuss what theory or theories you are most drawn to, and why. The paper should be typed and referenced (APA style). More specific information regarding this assignment will be available on CANVAS.

*Please note you may NOT use the same theory for your group presentation and your personal theory paper. We want you to explore and learn about different theories in these assignments.

Assignments	Percent Grade
Attendance and Participation	100
Mock Therapy Session & Transcript – Sept. 2	100
Group Class Presentation – Sept. 9 - 11	100
Midterm Examination – Aug. 28th	50
Final Examination – Sept. 14	50
Personal Theory Paper – Sept. 13	100

Tentative Class Schedule:

Day	Topics	Wedding & Corsini (2019) Chapters	Special Notes.
Aug. 19	Introduction to the course Contemporary approaches to counseling and psychotherapy Characteristics of counselors and clients Evidence-Based Practice in Psychology Common factors of counseling & ingredients of a helping relationship Practice foundational skills	1	Reading 1 on CANVAS
Aug. 20	Psychodynamic Psychotherapies (Freud) Object Relations Interpersonal Process in Therapy	2	
Aug. 21	Adlerian Therapy Client-Centered Therapy Existential Psychotherapy	3,4,8	Reading 2 on CANVAS
	Midterm Examination: Opens Wednesday, August 24 th @ 7am Closes Sunday, August 28 th @ 11:59pm (You will have 2 hours to complete it)		Mock Theory Paper Due Friday Sept. 2nd
Sept. 9	Behavior Therapy & DBT Cognitive-Therapy Group Presentations	6, 7	
Sept. 10	Interpersonal Psychotherapy Rational Behavioral Therapy (REBT) Group Presentations	5, 10	Reading 3 on CANVAS
Sept. 11	Integrative Psychotherapies Multicultural Theories of Psychotherapy Group Presentations	14, 15	
	Final Examination: Opens, Sunday September 11 th @ 5pm. Closes Wednesday, September 14 th @ 11:59pm (You will have 2 hours to complete it)		
	Personal Theory Paper is due Tuesday, September 13 th @ 11:59pm		

Please Note: The Class Outline is subject to modifications as the instructor sees appropriate