

University of Northern Colorado
School of Applied Psychology and Counselor Education
APCE 607: Theories of Counseling

Fall 2022

Course Syllabus

Instructors: Amy Williams Long, PhD, LPC, RPT-S
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Office: N/A

Office Hours: By Appointment

Class Meets:

October 7-9, 2022

October 21-23, 2022

Fridays 4:00-10:00

Saturdays 8:00-5:00

Sundays 8:00-4:00

Prerequisite: N/A

Course Description:

This course is the study and critical analysis of the major counseling theories and elements of effective psychotherapy as they apply to the counseling process .

Required Texts:

Kottler, J.A., & Montgomery, M.J. (2019). *Theories of counseling and therapy: An experiential approach* (3rd. ed.). San Deigo, CA: Cognella Academic Publishing.

Halbur, D. A., & Halbur, K. V. (2020). *Developing your theoretical orientation in counseling and psychotherapy* (4th ed.). Boston: Pearson Education, Inc.

* Other articles and readings may be assigned and uploaded into Canvas by the instructor.

Course Objectives:

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.)

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.

Instructional Methods:

To achieve the objectives of this course and address the course content, the instructor will employ a variety of teaching interventions that will include small group discussions, individual projects, lectures, role plays, facilitated reflection, and simulated activities.

Course Requirements/Assignments:

Attendance & Active Participation: 100 points. Graduate students are expected to be responsible for regular and punctual class attendance. Because theory may only become useful to the extent that it is put into practice, students are expected to participate fully in class discussions and in practice sessions of techniques derived from selected theories. All students will be involved in classroom role-plays and experiential exercises and should be prepared to participate in class discussions and activities. Please note that attendance is mandatory. If you expect that you will miss a class, I need to be notified in advance. Please note that your grade will be affected if a total of 4 hours of class are missed. Please see me if you feel that this may be a problem. Active participation is essential and will be evaluated in the following way:

- *Excellent* (80-100) – Proactive participation: leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration as well as a demonstrated ability to listen to and build upon the ideas of others.
- *Satisfactory* (69-79) – Reactive participation: supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion rather than study, thought, and contemplation.
- *Minimally Acceptable* (68-48) – Passive participation: present, awake, alert, attentive, but not actively involved.
- *Unsatisfactory* (47 or less) – Uninvolved: absent, present but not attentive, sleeping, irrelevant contributions that inhibit the progress of the discussion.

Schools of Thought Handouts: 20 Points Each (100 Points Total). Each student will complete a study guide of course material at the end of each unit/school of thought (Psychodynamic, Pragmatic, Behavioral, Humanistic, & Contemporary). These handouts are designed to assist the students' basic understanding of major tenants, views, and techniques of each school of thought. It is the instructor's hope that students will use these handouts to prepare for the final exam for this course and for the National Counselor Exam (NCE). Students should include information pertaining to research and evidenced based treatment on each handout.

- *NOTE:* See attached rubric for specific instructions regarding the content of each school of thought handout. Students will be evaluated according to the depth and accuracy of the information on the handout.

Emerging Personal Theory Paper: 100 points. Each student will write an *Emerging Personal Theory Paper* to be turned in at the end of the semester. It is the instructor's hope that students will be able to critically examine counseling theories so they may begin to develop a personal, integrated model of counseling (CACREP II.G.5.d). The goal of this assignment is for the student to begin to evaluate, critique, and integrate counseling theories based on his or her personal lens.

- Students should use the attached outline/rubric to guide the writing of this assignment.
- **EVALUATION:** Although there is no page minimum to this assignment, students will be evaluated on the thoroughness and critical thought applied to the assignment as well as APA style, organization, and clear writing.

Jeopardy Activity: 100 points. Questions and answers for the Jeopardy activity will be developed by students in the course. Each student will be responsible for writing a total of 9 brief answers and detailed questions (in the Jeopardy Q/A format) covering each school of thought covered prior to the midterm activity; therefore, each student will be responsible for providing a minimum of 3 answers and questions for each school of thought (i.e. Psychodynamic School, Behavioral School, & Pragmatic School).

- NOTE: Jeopardy answers and questions must be written according to the format provided in the rubric for this assignment.

Final Exam: 100 points. The final exam will be a comprehensive exam comprised of multiple-choice, true-false, and essay questions covering material from assigned course readings and lectures.

Grading:

| | |
|--|-------------------|
| Attendance and Active Participation | 100 points |
| Schools of Thought Handouts (20 Points Each) | 100 points |
| Emerging Personal Theory Paper | 100 points |
| Midterm Jeopardy Activity | 100 points |
| Final Exam | 100 points |
| TOTAL | 500 points |

Grading Scale:

Final letter grades will be assigned based on the following distribution:

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

Course Schedule:

| <u>Date</u> | <u>Topic</u> | <u>Reading/Assignments DUE</u> |
|-------------|---|---|
| 10/7/22 | Course Introduction Introduction to Schools of Thought Psychoanalytic School of Thought: Psychoanalytic & Analytic | Halbur: Chapters 1-2; Chapter 4 (Psychodynamic School) Kottler et al.: Chapters 1-4; & pages 180-189 |
| 10/8/22 | Psychoanalytic School of Thought: Individual Psychology Behavioral School of Thought: Behaviorism, Social Learning, & Conditioning | Halbur: Chapter 4 (Behavioral School) Kottler et al.: Chapter 4-5 & pages 180-189 |
| 10/9/22 | Pragmatic School of Thought: Rational Emotive Behavior Therapy, Cognitive Therapy & Reality Therapy/Choice Theory Emerging Personal Theory Activity & Discussion | Halbur: Chapter 4 (Pragmatic School) Kottler et al.: Chapter 7; Chapters 12-13 (skim) |
| 10/16/22 | <i>NO CLASS</i> | <i>DUE: emailed by 6:00PM MTN.</i> <ul style="list-style-type: none">• <i>Jeopardy Questions</i>• <i>Psychoanalytic, Behavioral, and Pragmatic Schools of Thought Handouts</i> |
| 10/21/22 | Humanistic School of Thought: Client- Centered, Existential, & Gestalt | Halbur: Chapter 4 (Humanistic School) Kottler et al.: Chapter 6 |
| 10/22/22 | Contemporary/Constructivist School of Thought: Feminist, Narrative, & Solution Focused | Halbur: Reminder of Chapter 4 Kottler et al.: Chapters 9-11 |
| 10/23/22 | Personal Theory Discussion Jeopardy Activity Final Exam | Halbur: Chapters 3 & 5 Kottler et al.: Chapters 12-13 |
| 10/26/22 | <i>NO CLASS</i> | <i>DUE: emailed by 6:00PM MTN</i> <ul style="list-style-type: none">• <i>Humanistic & Contemporary Schools of Thought Handouts</i>• <i>Emerging Personal Theory Paper</i> |

NOTE: Assigned reading must be completed *prior* to coming to class. Class lectures, discussions, and activities will build on assigned readings, so completing reading assignments prior to class is essential for successful participation in the course.

Additionally, late assignments will not be accepted

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, texting 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. 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. Please also remember that any unauthorized audio recordings of class will not be allowed and would be considered unprofessional and unethical. Thank you for your cooperation.

PowerPoint Presentations: PowerPoint presentations used in class are for instructional purposes only and will not be released to the students for personal use.

ADA and TITLE IX Syllabus Statements

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

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 Loften. 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: ppsy.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.

Additional Syllabus Statements

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 Student Conduct and Accountability. More information about the academic misconduct process can be found in UNC's Student Code of Conduct (BEAR Code).

Attendance

Students are expected to attend class regularly. Each instructor determines the relationship between class attendance, the objectives of the class, and students' grades. Instructors are responsible for articulating their attendance policies and their effect on grades to students. Students are responsible for knowing the attendance policy of each course. Only the instructor can approve students' absences. Students are responsible for requesting such approval. In an effort to create inclusive learning environments, instructors should not require doctors' notes to determine whether or not to excuse an absence.

Center for Career Readiness

Come visit us at the Center for Career Readiness to talk about resume, cover letter, interviewing, career/major exploration, job/internship search, graduate school search, and everything else career.

For more information on student resources, or to schedule an appointment, visit the website: www.unco.edu/career/students or for student events, visit: www.unco.edu/career/events.

We are located:

Office: University Center 1st floor

Hours: M-F, 8am-5pm

Appointments: Virtual and In-Person

Drop-Ins: Visit our website for up-to-date information

It's never too early to talk about career!

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.

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.

Additionally, there are several cultural and resource centers across the campus that are equipped and designed to serve as caring and thoughtful centers for students, staff and faculty. You can find their information below:

Asian Pacific American Student Services (Cultural Center)
924 20th St
Greeley, CO 80639
(970) 351-1909
AsianPacificAmerican.StudentServices@unco.edu

Cesar Chavez Cultural Center & DREAMer Engagement Program (Cultural Center)
1410 20th St
Greeley, CO 80639
(970) 351-2424
ChavezCenter@unco.edu

Center for Womens and Gender Equity (Resource Center) & Stryker Institute for Leadership Development
1915 10th Ave
Greeley, CO 80639
970-351-1492
cwge@unco.edu

Center for Gender and Sexuality (Resource Center)
2215 10th Ave., Campus Box 42
Greeley, CO 80631
970-353-0191
gsrc@unco.edu

Marcus Garvey Cultural Center (Cultural Center)
928 20th St., Campus Box 41
Greeley, CO 80639
(970) 351-2351
MGCC@unco.edu

Native American Services (Cultural Center)
924 20th St
Greeley, CO 80639
(970) 351-1909
AsianPacificAmerican.StudentServices@unco.edu

Veteran's Services (Resource Center)

1815 8th Ave
Greeley, CO 80631
970-351-1403
timothy.nellett@unco.edu

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.

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>

Writing Center

The Writing Center offers three kinds of sessions to meet your writing needs: In-Person, Email, and Zoom Sessions. Trained Writing Center Consultants can assist you with writing assignments from any course or subject. Even if you think your writing is pretty good, it's always nice to have another reader look over your work.

To guarantee a session time, make an appointment using our online scheduling system by visiting our website (below). We also have walk-in session times available during our scheduled open hours, Monday – Friday 9:00 am – 4:00 pm in the Writing Center, Ross Hall 1230 as well as walk-in sessions in the library (first floor) Monday – Thursday evenings, 5:00 pm – 8:00 pm.

If your instructor requires you to visit the Writing Center, make sure to alert your Consultant, and/or check the box on the appointment form, and we will send an email confirmation of your session to your instructor.

For more information, email the Writing Center at writingcenter@unco.edu or visit the website: www.unco.edu/writing-center.