

SERP 525 Counseling Theory: Counseling Program - DPS

SERP 525 Counseling Theory



Semester/Term: Fall 2021
Credit Hours: 3
Meeting Days/Time/Location:

Instructor Information

Instructor:
Office Building & Room Number:
Email:
Office Phone:
Office Hours: Monday
Preferred Method of Communication:

Course Description

This course examines major theories of counseling, primarily individual. Each theory will be explained with latest research about its effectiveness and corresponding techniques and interventions. Grading basis: regular grades: A, B, C, D, E.

Course Content

Counseling theories play a large role in what we do as counselors. We use counseling theories and techniques to effect change in the lives of our clients. At any point in the services you provide for a client, you should be able to identify the theoretical basis for what you are doing. That ability is dependent upon your understanding and knowledge of the counseling theories and the constructs they outline.

Every counselor should develop a theoretical orientation. Having a theoretical orientation means that you are conversant in the terminology and concepts of that theory, and that it is the primary lens through which you understand behavior. Each theory offers an approach that is different, and techniques that are applied for a variety of reasons. You will be looking for the best match of theory to who you are. To do this, you must know who you are. You will also be attempting to find the best match between theory and how you believe people develop and change. This is where your philosophy comes into play. For example, if you concur with John Lennon that “all you need is love”, then your approach to counseling will be much different than if you think, “people just shouldn’t act so dumb”.

This course will be a process of learning both new theories, as well as learning about yourself. Regardless of how much you know about one, you can’t be an effective counselor without knowing both.

Course Textbooks

Flanagan & Flanagan: *Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques*. ISBN: **0470617934**

There will also be articles and readings assigned that will be available on the D2L Course Page. Additional articles and reading materials will also be available.

SERP 525 Counseling Theory: Counseling Program - DPS

American Psychological Association (2010). Publication Manual of the American Psychological Association (6th Ed.). Washington, D.C.

Methods of Instruction

- Lecture/Didactics
- Video/Media
- Group Presentation
- Discussions
- Out of class activity

CACREP Standards 2016

Section 2.F.5.a – theories and models of counseling

Section 2.F.5.b – a systems approach to conceptualizing clients

Section 2.F.5.f – counselor characteristics and behaviors that influence the counseling process

Section 2.F.5.h – developmentally relevant counseling treatment or intervention plans

Section 2.F.5.i – development of measurable outcomes for clients

Section 2.F.5.n – process for aiding students in developing a personal model of counseling

Section 5.C.1.b – Theories and models related to clinical mental health counseling

Section 5.C.3.b – Techniques and interventions for prevention and treatment of a broad range of mental health issues.

Knowledge & Skills Outcomes - Learning Objectives

1. Students will articulate the unique value of theory in counseling
2. Students will be able to identify different theories and associated techniques
3. Students will be able to apply various theories into case conceptualizations
4. Students will be able to formulate a proposal for a treatment plan incorporating theoretical approach that best addresses client's needs.

Key Performance Indicator - KPI

KPI #5

Counseling and Helping Relationships: Students will identify and explain theories and models of counseling with evidenced-based strategies and individualized conceptualizations as demonstrated by effective application of such in diverse counseling settings as described by CACREP's common core.

Student Performance Evaluation Criteria and Procedure

Counseling Skills	CACREP Standards	Assignments	Evaluation Outcome
KPI # 5	2.F.5.f; 2.F.5.g; 2.F.5.h.; 2.F.5.i.; 2.F.5.j.; 2.F.5.k	Final Case Conceptualization	Minimum of 85% or better

SERP 525 Counseling Theory: Counseling Program - DPS

Course Requirements

Listed is the key assignment for this course. While the assignment CAN NOT be removed or modified, you may add any additional assignments you see fit.

Key Course Assignments

Assignment	Relevant CACREP Standards
Final Case Conceptualization	2.F.5.f; 2.F.5.g; 2.F.5.h.; 2.F.5.i.; 2.F.5.j.; 2.F.5.k

Final Case Conceptualization (70 Points) – Each student will complete a final case conceptualization. Students will be given a case study, and will need to create a case conceptualization that includes making behavioral observations, accurate inferences and application of a specific theory, and the clinical decisions and actions that will be made based on the case study. They will also be asked, as part of the clinical decision process, to identify considerations that will impact their implementing their intervention (i.e. cultural issues, client characteristics, etc.), and describe the ways in which they will adapt and nuance their delivery.

Evaluation Rubric:

	10 - 8 points	7 - 5 points	4 – 1 points
Behavioral Observations	Accurately identifies all of the relevant behavioral observations from the case study.	Accurately identifies most of the relevant behavioral observations from the case study.	Accurately identifies limited numbers of the relevant behavioral observations from the case study.
Inference – Matching Constructs to Observations	The matching of behavioral observations and theoretical constructs is accurately done.	Most of the matches are accurate, but even if the match is inaccurate an attempt was made.	There was little attempt to accurately match theoretical constructs to behavioral observations.
Inference – Case Description	The description of the case includes the theoretical constructs matched to behavioral observations, and accurately describes the relationship	The description of the case includes constructs matched, but inaccurately describes the relationship between them.	The description of the case does not accurately use constructs or describe the relationship between them.

SERP 525 Counseling Theory: Counseling Program - DPS

	between them.		
Case Decision – Intervention Design	The intervention that is designed is complete, and reflects the appropriate application of a specific theory in practice.	The intervention designed is mostly complete, and the application of a specific theory may be incomplete.	The intervention designed does not connect well with a specific theory, and has significant gaps in application.
Case Decision – Adjustments in Delivery	Issues that may require adjustments in application are identified and discussed.	Issues that may require adjustments in application are partially identified and discussed.	Issues that may require adjustments in application are largely ignored.

Additional Course Assignments

The following are the learning activities for which you will receive a grade. Please read each very carefully. Additional information for each assignment will be provided.

1. **Participation** – Each student will be expected to attend class, having read the chapters and materials to be covered that day. Students are expected to participate in discussions and group activities. This course is designed as an experiential learning experience. While there are not any points associated with attending class, missing more than three class sessions will result in the loss of a grade.
2. **Weekly Questions (33 points)** – Each student will submit questions regarding the theory we are studying that week. Each submission is worth 3 points. In as much as I don't want you making up questions just to get the points, you can simply submit the statement "No Questions" and you will get the points. Please take advantage of this though, and ask the questions. These will need to be submitted by Sunday at 11:59pm, so I have time to put together answers and responses for class on Monday.
3. **Weekly Case Conceptualizations (55 points)** – Each student will complete a weekly case conceptualization for the 11 theoretical approaches we will be studying. You will be given a written case study for which you will complete a case conceptualization. Each case conceptualization will be worth 5 points. Each week the case conceptualization will be turned in using D2L. You will get all 5 points for turning in your case conceptualization. Late case conceptualizations will not receive any points. All Case Conceptualizations will be due Sunday 11:59 pm.
4. **Vocabulary Sheet (25 points)** – At the end of the semester each student will turn in a Vocabulary Sheet that lists and defines the primary terms for each theory. It is ***STRONGLY*** recommended that you do this each week as part of your study routine. If you do it on time it will help you in your case conceptualizations. If you do it at the end of the semester it will be a waste of time in relation to this class. Your choice. Hold onto this sheet, as it will be helpful in future classes and licensure/certification exam preparation. Do this assignment yourself, pulling

SERP 525 Counseling Theory: Counseling Program - DPS

definitions and terms from the readings and lectures. Do not go online and copy and paste from websites (e.g. Wikipedia, Don's Cool Counseling Site, etc.).

5. **Theoretical Orientation Paper (50 points)** – You will be provided with a format for this paper, and specific areas that you are to respond to in relation to establishing your theoretical orientation.
6. **Final Case Conceptualization (50 points)** – A description of the Final Case Conceptualization is provided above.

Course Grading

Grades	Percentage
A	90-100%
B	80-89%
C	70-79%
D	60-69%
E	Below 60%

Because no +/- are earned, grades will not be rounded. For example, 89.5% is a B.

University Policies

Please go to the following link to become familiar with University of Arizona policies pertaining to on-going courses: <https://academicaffairs.arizona.edu/syllabus-policies>

The link covers policies in the areas of:

- Class Attendance
- Participation
- Administrative Drops
- Absences
- Threatening Behavior
- Accessibility and Accommodations
- Code of Academic Integrity
- Nondiscrimination and Anti-Harassment
- Subject to Change Notice

Subject to Change Notice

Information contained in the course syllabus, other than the grade and absence policies, may be subject to change with reasonable advance notice, as deemed appropriate by the instructor of this course.

Tentative Course Schedule

Topics and schedule subject to change with appropriate notice.

Date	Class Content	Readings	Assignments Due
Week 1	Introduction to the Course, How to Study for this Course,		

SERP 525 Counseling Theory: Counseling Program - DPS

	Purposes and Philosophy of Counseling, Knowing Yourself		
Week 2	No Class – Labor Day		
Week 3	Content: Case Conceptualization and Clinical Decision Making,	None – we will cover all of the content for this week in class.	
Week 4	Humanistic & Person Centered Streaming Presentation: Person-Centered Counseling	The Necessary and Sufficient Conditions for Therapeutic Personality Change by C.R. Rogers Person Centered – Book Chapter	<ol style="list-style-type: none"> 1. Weekly Case Conceptualization 2. Weekly Questions
Week 5	Existential Theory Streaming Presentation: Existential Approaches in Counseling	Existential Therapy Chapter Disability Acceptance Theories and Logotherapy by J.N. Ososkie and J.C. Schultz	<ol style="list-style-type: none"> 1. Weekly Case Conceptualization 2. Weekly Questions
Week 6	Behavioral Theory Streaming Presentation: Applied Behavior Analysis	Applied Behavior Analysis Chapter	<ol style="list-style-type: none"> 1. Weekly Case Conceptualization 2. Weekly Questions
Week 7	Cognitive Streaming Presentation: Cognitive Approaches	Book Chapter on Cognitive Behavioral Therapy	<ol style="list-style-type: none"> 1. Weekly Case Conceptualization 2. Weekly Questions
Week 8	Reality / Choice Theory Streaming Presentation: Reality Therapy / Choice Theory	Reality Therapy in Rehabilitation Counseling by J.N. Ososkie and J.O. Turpin Reality Therapy – Book	<ol style="list-style-type: none"> 1. Weekly Case Conceptualization 2. Weekly Questions

SERP 525 Counseling Theory: Counseling Program - DPS

		Chapter	
Week 9	Feminist Theory Streaming Presentation: Feminist Theory	Feminist Theory Chapter Basic Principles of Feminist Therapy by C.Z. Enns	1. Weekly Case Conceptualization 2. Weekly Questions
Week 10	Content: Family Systems Theory Streaming Presentation: Family Systems Approaches	Structural Family Therapy Chapter Bowenian Family Therapy Chapter	1. Weekly Case Conceptualization 2. Weekly Questions
Week 11	Motivational Interviewing Streaming Presentation: Motivational Interviewing	Motivational Interviewing and Rehabilitation Counseling Practice by C.C. Wagner and B.T. McMahon Eight Stages in Learning Motivational Interviewing by W.R. Miller and T.B. Moyers.	1. Weekly Case Conceptualization 2. Weekly Questions
Week 12	No Class – Veterans Day		
Week 13	Acceptance and Commitment Therapy (ACT) Streaming Lecture: Acceptance and Commitment Therapy	The Dilemma of Human Suffering	1. Weekly Case Conceptualization 2. Weekly Questions
Week 14	No Class - Thanksgiving		
Week 15	Dialectical Behavior Therapy (DBT) Streaming Lecture: Dialectical Behavior Therapy	Dialectical Behavior Therapy: A New Theoretical Orientation	1. Weekly Case Conceptualization 2. Weekly

SERP 525 Counseling Theory: Counseling Program - DPS

			Questions
Week 16	Final Class – Course Review, Final Housekeeping		<ol style="list-style-type: none">1. Vocabulary Sheet2. Theoretical Orientation Paper3. Final Case Conceptualization