Catalog Statement: This course is an introduction to the counseling process through examination of the roles and characteristics of the counselor and the client. Basic skills involved in problem identification and problem solving are discussed and practiced through simulated role situations. The student learns to use his/her relationship with clients to develop the alliance necessary for change. The student is informed of the range of careers to which these skills can be applied.

Code of Ethics for the Helping Professional

Objectives:
1. To develop an understanding of the counseling process and knowledge of the basic personal and professional characteristics that contribute to effective counseling.
2. To become aware of the roles of counselor and client in the counseling relationship.
3. To become familiar with various theoretical approaches to counseling.
4. To understand the ethical and legal principles which govern professional counseling, be able to explain the reasons behind them, and apply them in practice.
5. To develop personal insight to the reasons he/she has chosen to become a “helper” and learn to separate own issues from those of the client.

Obligations of the Student:
1. Read scheduled chapters ahead of class and be knowledgeable and prepared to discuss and take quizzes on the material.
2. Participate in class discussions, exercises and group activities.
3. Complete required tests, quizzes, group projects and assignments on time. No make-up or late work will be accepted.
4. Please make sure you put your name and the class time on your papers.
5. Give your full attention to the instructor or student who is speaking: DO NOT talk or have side-conversations during lecture.
6. Be on time for class and do not leave early. The class is over when you are excused by the instructor. Please do not slam notebooks shut and look ready to leave, as this is most distracting.
7. You are responsible for all materials presented and assignments made during an absence. Please do not call or e-mail the instructor to ask for complete content that you have missed. Find a Study Buddy or two in class that you can call and get the notes from.
8. Come to class with an open frame of mind and be willing to take some risks. This course is designed as a beginning survey of counseling theory and practice. Thus, as an introductory course, you are not expected to have counseling experience. Don’t allow
your self to be intimidated. Hopefully, you will challenge your fears and push yourself to become an active and involved participant.

9. **Respect confidentiality!** Being actively involved in the class sessions and the small groups entails some level of personal self-disclosure. Because of the nature of the vulnerability, trust, and openness needed to learn about counseling, it is extremely important that confidentiality be maintained. Revealing personal information about others outside of the classroom is a breach of confidentiality. It is expected that anyone who participates in a demonstration of either an individual session or a group session in this course will have his or her confidentiality respected. Please do not tape record any lectures, discussions, or demonstrations. Tape recording parts of class sessions could well pose problems with respect to confidentiality and privacy.

**Exams:**

- **Type:** Exams will have questions in three forms; factual, applied and conceptual. There will also be short answer or essay questions.

- **Coverage:** Exams will cover anywhere from two to four chapters from the text, lectures, and films. There is not enough lecture time to cover the chapters completely. You will, unless instructed otherwise, be responsible for the entire content of assigned chapters.

- **Dates:** Exams must be taken on designated dates and times. They may not be taken late. No make-up are available.

- **Final Exam:** There will be a comprehensive final. Please see your Delta Schedule of Classes. We will follow the finals schedule listed therein.

**Requirement Assignments:**

**Project (100 pts.):** Verbatim session – to be explained in class.

**Research Paper (100 pts.):** To be explained in class.
# Psychology 38
## Class Schedule – Fall 2004

<table>
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| 8/16 – 8/20 | Introductions and overview of the course  
Perspective on the helping fields  
Communication skills  
Philosophy of the “Recovery Model”  
Importance of self awareness/Transference and Countertransference |
| 8/23 – 8/27 | Common concerns of beginning helpers  
Are the helping professions for you?  
Reading: *Becoming a Helper* Chapters 1 & 6  
Practice communication skills in class |
| 8/30 – 9/2 | Ethics and legal considerations  
Boundary issues  
Reading: *Becoming a Helper* Chapters 9 & 10  
*Code of Ethics for the Helping Professional*  
Practice using communication skills in setting boundaries (class activity) |
| 9/6 | Labor Day Holiday – campus closed |
| 9/8 – 9/10 | Stages in the helping process  
Reading: *Becoming a Helper* Chapter 5  
Review ethics and boundary issues  
Role play and small group discussion |
| 9/13 – 9/17 | Cultural diversity and values in the helping process  
Reading: *Becoming a Helper* Chapters 7 & 8  
Small group activities re: understanding scope and impact of diversity  
Review for midterm |
| 9/20 – 9/24 | Practice in application of concepts from previous classes  
Small group exercise |
| 9/24 | MIDTERM #1 |
| 9/27 – 10/1 | Theories of human development and impact on counseling  
Psychodynamic, Humanistic, Behavioral-cognitive  
Reading: Handouts from instructor |
| 10/4 – 10/8 | Working with groups and families  
Impact of own personal experience  
Small group exercise  
Reading: *Becoming a Helper* Chapters 3 & 13 |
10/11 – 10/15  Working in the community
Empowering
Reading: Becoming a Helper Chapter 11

10/18 – 10/22  Working with special populations
Victims of trauma, sexual abuse, and domestic violence

10/25 – 10/29  Working with special populations (continued)

11/1 – 11/5  Working with special populations (continued)
Recovery from addictions

11/5  **Verbatim assignment is Due**

11/8 – 11/12  Working with special populations (continued)
Chronic mentally ill, medical illness, chronic pain, AIDS, et al
Small group exercises

11/15 – 11/19  Understanding life transitions
Basics of crisis intervention
Reading: Becoming a Helper Chapter 4
Handouts from instructor

11/19  **MIDTERM #2**

11/22 – 11/24  Importance of termination with clients
Process of termination and closure
Dealing with counselor’s feelings about termination
Small groups – practice dealing with closure

11/26  Thanksgiving Holiday

11/29 – 12/3  Self care for the helper/preventing burnout
Reading: Becoming a Helper Chapters 12 & 13
Handouts from instructor
Group exercise

12/3  **Research Paper Due**

12/6 – 12/10  Discussion and presentations
Expand on areas of special interest to class members
Overview of course in retrospect
Review for Final

12/15  **FINAL**