

**Grande Prairie Regional College**  
**Department of Art & Education**  
**Education 4420 (Section A3): Monday & Wednesday 4:00-5:30**  
**Introduction to Counselling**  
**Winter Term January-April 2009**

Instructor: Ali M. AL-Asadi  
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Course Credit Hours: 3  
 Student Contact: 3 hours per week  
 Prerequisites: PY1050 or ED2000  
 Uni. Transfer: UA, UC, UL, AU  
 Mode of Delivery: In-class Lectures

**IMPORTANT: Please remember this is a senior level university course and you are a senior university student.**

**Textbooks:**

- Gladding, S. T. (2009). Counseling: A Comprehensive Profession (6<sup>th</sup> Edition). Pearson Education Inc., Upper Saddle River, New Jersey, USA.
- Publication Manual of the APA will be on reserve in College Library

**Course Description:**

This course is an introduction to counselling and is designed to appeal to students who plan to work in the fields of psychology, mental health, rehabilitation, education, and other human-service professions. Students will be exposed to a variety of theoretical perspectives in counselling and will be assisted in acquiring basic trans-theoretical micro-counselling skills. Emphasis will be given to both counselling theory and practice. This course will include discussion of the psychoanalytic, humanistic, Adlerian, cognitive, behavioral, systemic, brief, and crisis theories of counselling as well as the characteristics and skills required of a counsellor in building, maintaining, and terminating a counselling relationship. The course will also involve examination and discussion of various types of counselling specialties and the role and functions of the counsellor as a specialist in helping people make choices or changes in their lives to achieve self-actualization or to solve personal or interpersonal problems. Some of the counselling specialties to be explored are school counselling, substance abuse and disability counselling, marriage and family counselling, and career counselling. Attention will also be given to issues in counselling special groups such as cultural minorities, women, men, adolescents, and the aged. Counselling demonstrations, videotapes, and counselling simulations will also be part of the course to facilitate the acquisition of basic counselling and interpersonal communication skills.

**COURSE OBJECTIVES**

This course aims to help students achieve the following objectives:

- To acquire an understanding of the concepts and various theoretical and ethical perspectives underlying counselling practice.

- To develop the requisite skills and attitudes for understanding oneself (one's personality) and others and to enhance personal attributes (personal growth) that are conducive to the counselling process.
- To examine and compare specific theories and types of counselling orientations, their goals, techniques, and approaches.
- To acquire basic interpersonal communication and counselling skills such as active listening, paraphrasing, summarizing, reflecting feelings, clarifying ideas, open and closed questioning, probing, focusing, interpreting, confronting, self-disclosing, and exploring alternative solutions to problems and identifying their probable logical consequences in order to assist clients in decision-making. Students will also learn basic influencing skills/strategies and their appropriate use in helping clients make desired changes in their lives.

### **Additional Information:**

1. The format of each exam will be discussed in class but they will not be comprehensive.
2. Exam grades are final and there is no substitute work for your poor exam grade.
3. The nature and topics of your written paper will be discussed in class.
4. It is your responsibility to read each and every chapter and assigned reading (if any) and attend all lectures.
5. Lectures will not always cover material in your chapters. Lectures may cover topics and include materials that are not covered by your textbook. It is therefore imperative that you attend every class as your exams may include materials from the lectures that are not covered by your textbook.
6. **Cheating and plagiarism will not be tolerated and there will be penalties. You should consult the section on cheating and plagiarism of current GPRC Calendar.**
7. It is expected that students will display a professional attitude and behaviour. These attitudes and behaviours are many and will be discussed in class. Any violation or misconduct may result in dismissal from the class.
8. Talk to me if you have concerns or you are experiencing difficulties that may have negative impact on your academic performance.

### **Supplementary Course Information**

The readings assigned for each class should be completed before attending that class, except for the first class. As this course will be partially experiential with practice exercises, attendance at all sessions is required and is critical to the student's success in the course. One unexcused absence will be allowed without grade penalty (10% for each unexcused absence) for nonparticipation in class exercises. A request for more than one absence without grade deduction is required in advance and will be granted only for a very good reason. In case of illness or emergency, notify the instructor as soon as possible so that adjustments can be made by other members of your counselling group in performing their counselling simulation exercises or activities without your participation. Present to the instructor a doctor's note or any documentation of illness or emergency when you come to the next class session.

To prevent illness or injury, advanced self-care (physical, emotional, social, and spiritual) is highly expected of every student in this course. If you find yourself having difficulty in this course, please contact the instructor immediately for possible assistance. If you simply

want more discussion with the instructor about any aspect of the course, please visit my office during office hours or at a more convenient pre-arranged time.

### **Confidentiality, Ethics Information, & Professional Conduct**

In this course, you are entering an experience which involves a fair amount of role-playing and practice interviewing and counselling. Naturally, in the course of discussion, it is possible for a student colleague to say something personally important and confidential. It is your duty to maintain confidentiality and trust. These same principles hold when talking to your future clients.

At the same time, keep in mind the legal limits of confidentiality. You have no legal right to maintain confidentiality if you were instructed by a judge to answer a specific question by an attorney in court. Study the ethics code for counsellors, particularly paying attention to issues of confidentiality and client's rights.

When audio- or videotaping a session with a role-playing or real client, be sure you have permission on tape for that interview to proceed. If your client wishes, stop the tape at any time. Submit to the instructor only client-approved portions of the video for evaluation.

It is expected that all students will display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with your fellow students and the instructor, attention to fellow student questions and instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

### **For your Consideration in your Role Plays as Clients**

You have the right and personal responsibility to only share of yourself what you want to talk about. You are not required to disclose any personal information that you do not want to share with your classmates. The topics or situations that you choose to discuss in simulated counselling sessions may be hypothetical or contrived. You have the right and a choice to not participate or to stop participating in any experiential exercises. At the same time, if you find yourself not wishing to engage in the counselling exercises at all, despite assurance of confidentiality, you may opt to drop the course, which is probably not suitable for you at this time.

Breach of confidentiality and trust by any person involved in this course is a serious violation of the ethics code of the counselling profession and may have serious consequences to self and others. Never divulge personal information learned in class to others who are not enrolled in this course without a written permission from the person or persons involved.

### **Evaluations**

Exam 1	Chapters	15%	February 9 <sup>th</sup>
Exam 2	Chapters	15%	March 9 <sup>th</sup>
Final Exam	Chapters	15%	Will be determined
Articles review and synthesis OR Research paper		20%	March 5 <sup>th</sup>
Counselling Tape		20%	April 6 <sup>th</sup>
Reflective Paper		05%	April 10 <sup>th</sup>
Attendance & Participation		10%	

\* The nature, scope, and depth of the written papers will be discussed in class.

\* The midterm and final exams will include multiple-choice, short-answer, and essay questions based on text material, class lectures, and presentations.

\* A combination of criterion reference and norm reference grading methods will be employed in determining final grades.

\* Remember, all exams may include questions from lectures and presentations that may not be covered by your textbook.

### **Course Assignments Information**

**Articles Review and Synthesis** (Value: 20% of course grade. Due: March 5<sup>th</sup>, 2009)

Each student will prepare and submit a synthesized review or critique of two articles on the same topic related to Counselling from professional journals such as: Journal of Counseling and Development, Journal of Counseling Psychology, Journal of Mental Health Counseling, Journal of Multicultural Counseling and Development, School Guidance Worker, Elementary Counselor, and Journal for Specialists in Group Work. This essay should be about 1500-2000 words in length (typed double-spaced APA style). The word limit does not include a title page and a reference page. Please use plain white paper, 12-point font and approximately a one-inch margin on all sides of your text. Please ensure that spelling, grammar and sentence structure are correct. Plagiarism will be treated as a serious academic offence.

**Research Paper** (Value: 20% of course grade. Due: March 5<sup>th</sup>, 2009)

The paper in this course will be a summary of a particular type of psychotherapy. You will select a particular form of psychotherapy, conduct research, based on a minimum of two references, on that type of therapy and summarize the key theoretical ideas and fundamental strategies for intervention suggested by that form of therapy. No two students will write their papers on the same type of therapy. The paper should be about 1500-2000 words in length (typed and double-spaced APA style). The word limit does not include a title page, abstract page, and a reference page. Papers must be stapled (not in duo tang or other fancy cover) and written in proper and current APA format (5th edition). Please use plain white paper, 12-point font and approximately a one-inch margin on all sides of your text. Please ensure that spelling, grammar and sentence structure are correct. Plagiarism will be treated as a serious academic offence.

**Counselling Tape** (Value: 20% of course grade. Due: April 6, 2009)

As an individual project, each member of a group of five students will submit a videotaped simulated counselling interview which demonstrates communication and counselling skills learned in the course.

**Case Study Analysis & Presentation: this is an extra assignment that may be assigned upon request to improve a poor exam mark**

A case study will be given to you to analyze from both an ethics point of view as well as a therapeutic point of view. This analysis must have the same standards of APA format, length and mechanics as the paper. From your paper you will give a 15-20 minute presentation on your analysis of the case.

**Grading System:**

Please note that Universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO UNIVERSITY.**

A+	4.0	95-100
A	4.0	90-94
A-	3.7	85-89
B+	3.3	80-84
B	3.0	75-79
B-	2.7	70-74
C+	2.3	65-69
C	2.0	60-64
C-	1.7	55-59
D+	1.3	53-54
D	1.0	50-52
F	0.0	00-49

**TIMETABLE: ED4420 (A3) Winter 2009**

\*Please note that the dates and the sequence of chapters are tentative and may change.

The following topics will be covered:

Week 1	Chapter 1: History of and Trends in Counseling
Week 2	Chapter 2: Personal and Professional Aspects of Counseling
Week 3	Chapter 3: Ethical and Legal Aspects of Counseling
Week 4	Chapter 4 & 5: Counseling in a Multicultural and Diverse Society
Week 5	Chapter 6: Building a Counseling Relationship Chapter 7: Working in a Counseling Relationship
Week 6	Chapter 8: Termination of Counseling Relationships Chapter 9: Psychoanalytic, Adlerian, & Humanistic Theories of Counseling
Week 7	Chapter 10: Behavioral, Cognitive, Systemic, & Crisis Theories of Counseling
Week 8	Chapter 11: Groups in Counseling Chapter 12: Consultation
Week 9	Chapter 14: Testing, Assessment, and Diagnosis in Counseling
Week 9	Chapter 15: Career Counseling Over the Lifespan Chapter 16: Marriage and Family Counseling
Week 10	Chapter 17: Elementary, Middle, and Secondary School Counseling Chapter 18: College Counseling and Student-Life Services
Week 11	Chapter 19: Substance Abuse and Disability Counseling Chapter 20: Mental Health and Community Counseling
Week 12	
Week 13	

**Note: This timetable is tentative. Any future changes to this timetable will be announced in class in consultation with the students present. The final exam date will be posted by the Registrar's office.**