

Grande Prairie Regional College
Department of Arts and Education

ED 4420 (Introduction to Counseling)
Lecture 3 (3-0-0) UT to UA, UC, UL, AU, AF
Winter 2010

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Office Hours: Tuesday and Thursday 1 - 2:20 pm or by appointment

Textbook: Counseling: A Comprehensive Profession (6th edition) by Samuel T. Gladding

Prerequisites: ED 2000 or PY 1050 or equivalent

Course Description: This course is an introduction to counseling and guidance services and is designed to appeal to students who plan to work in the fields of psychology and mental health, rehabilitation, education and other human-services occupations. Students will be exposed to a variety of theoretical perspectives in counseling and will be assisted in acquiring basic trans-theoretical micro counseling skills.

Content Description: Evaluations will be based on the following:

Ethics Case Study	15%	February 8	
Exam #1	25%	February 22	Chapters 1 - 10
Paper	25%	March 22	
In Class Participation/Activities	10%		
Final Exam	25%	TBA	Chapters 11- 20

Please note that the dates listed on this outline are tentative and are subject to change. For the final examination students must be available between April 17 - 29. The Student Services Office will announce the date and time of the final exam later in the term. This information is also subject to change so students should confirm the posted exams schedules as they are updated.

Exams will consist of multiple-choice, short and long answer questions. Exams are not comprehensive. Normally requests to write a missed or deferred exam will not be granted except under the most extreme of circumstances, such as illness. The instructor will not normally ask for a medical note but may ask for such should an inordinate number of classes be missed, before a make-up exam will be arranged. I do expect a phone call or email in advance should you be missing any classes unless of course you are in the midst of a major crisis, in which case let me know as soon as reasonably possible. Because of the H1N1

pandemic I encourage you to stay home if you are ill, maintain health practices like frequent hand-washing, and be sure to find a study partner (or two) in the class to get missed information from. Otherwise, students should ensure they will be available to write the scheduled exams. Please also bear in mind that exam marks are FINAL. This means you cannot rewrite an exam because of a poor grade and there are NO written assignments you can do to make up for a poor exam grade.

Cheating on an exam or any other form of academic misconduct such as plagiarism is taken very seriously and is punishable in a variety of ways. For more information on student rights and responsibilities, codes of conduct and the penalties that can be imposed for infractions please see pages 48 - 51 of the current college calendar. You are especially encouraged to familiarize yourself with the section on plagiarism on page 49 and ask your instructor if you are at all uncertain about this serious and often misunderstood form of academic misconduct.

Because of the experiential nature of this course and the use of role-play and practice interviewing and counseling it may be possible for a colleague to reveal personal and confidential information. It is critical that you maintain the confidentiality and trust of your classmates. These principles are critical to successful completion of this course and for counseling itself. At the same time, there are legal limits of confidentiality. You have no legal right to maintain confidentiality if you were instructed by a judge to answer a specific questions by an attorney in court. You should also come to the instructor if you at any time suspect that a classmate may be injuring themselves or others or if you suspect a child or elder is being endangered. These instances must be reported by law in Alberta and are part of the codes of ethics for all helping professions. All other breaches of confidentiality and trust by a person involved in this course is a serious violation of the ethics code of the counseling profession and may have serious consequences to self and others. Never divulge personal information learned in this class to others who are not enrolled in this course without written permission from that person or persons involved.

When role-playing, as the client you have the right to stop, or not participate, at any time. At the same time, if you find yourself not wishing to engage in the counseling exercises at all, despite assurances of confidentiality, you should perhaps consider dropping the course. You also have the right and 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 counseling sessions may be hypothetical or contrived.

You are also expected to take care of yourself throughout this course, physically, psychologically, emotionally, socially and spiritually. If you find yourself having difficulty in this course, please contact the instructor immediately for assistance.

The paper in this course will be a summary of a particular type of psychotherapy. You will chose a particular form of psychotherapy, conduct research on that type of therapy and summarize the key theoretical ideas and fundamental strategies for intervention suggested by that form of therapy. The paper should be no more than 7 pages in length (typed and

double-spaced). These seven pages would include a title page and reference page with no more than five pages of written text. Papers must be stapled (not in fancy cover) and written in proper and current APA format (6th edition). Please use plain white paper 12 point font and approximately a one-inch margin on all sides of your text. Spelling, grammar and sentence structure will also be graded. You must also include a photocopy of the first page of each source you reference in the paper. Plagiarism will be treated as a serious academic offense. The paper is due at the beginning of class on the due date assigned. Papers handed in after that time will receive a 5% late penalty for each day it is late including weekend days.

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.

Please be advised that a lack of planning on your part will not constitute an emergency on the instructor's part. For example, leaving all work on the proposal to the last minute and then having a crisis will not necessarily get you an extension. Be aware that you may be asked to provide evidence of prior work before being granted an extension however extensions are rarely granted in lieu of the above late penalty.

In class participation/activities will consist of a variety of exercises to practice your counseling skills as well as discussions pertaining to that day's chapter. Sometimes you will be required to hand in an assignment based on the activity. Failure to be in class and not handing in an assignment or participating will result in a grade of zero with no opportunity for a make-up assignment. The exception to this is if you have an excused absence by contacting me in advance of class time. In these cases you will not get a make-up assignment but neither will you be docked marks for noncompliance. If it is a group activity you will each have to hand in an individual assignment. Grading for these assignments will be simple: 0 for not submitted or a complete lack of effort, 1 for adequate but many errors, lack of understanding, and 2 for good effort with minimal errors.

Because lectures will not always cover the assigned readings your attendance is expected at all lectures. I reserve the right to bar you from writing the final exam if you have accumulated more than 10% of unexcused absences. Learning is an active process that will take effort on your part and so you will be expected to read the chapters in advance of class lecture, participate in activities, assignments and discussions in the classroom and communicate with the instructor when you encounter difficulties with course material. Your questions and comments are welcomed and encouraged at any time during the class. The instructor does NOT lend out lecture notes. Students are responsible for learning all of the assigned chapters even if the material has not been covered in class as well as any other topic, video, or subject covered during class time. If you have a disability, please self-identify to the instructor if you require any specialized supports.

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 a mature response to constructive critique of your work. Turn off your cell phones as I reserve the right to answer any phone that rings and ask you to leave for the remainder of class. Students unable to meet these expectations will be required to leave the class in the interest of preserving the learning opportunities of other students.

NOTE: Any changes to the course outline will be made in consultation with the students during class time. Should you not be present in class when such a consultation is made it is your responsibility to acquire the changed information.

Course Schedule:

January 6 - February 22

Readings:	Chapter 1 - 10
Assignments:	Ethics Case Study due on February 8 Exam #1 on February 22
Important dates:	Last day to add a class January 11 Last day to drop a class January 18 February 15 is a holiday

February 24 - April 14

Readings:	Chapter 11 - 20
Assignments:	Paper due on March 22
Important dates:	Last day to withdraw from a class is March 17 March 8 and 10 are holidays

Grade Schedule:

A+	4.0	90 - 100
A	4.0	85 - 89
A-	3.7	80 - 84
B+	3.3	77 - 79
B	3.0	73 - 76
B-	2.7	70 - 72
C+	2.3	67 - 69
C	2.0	63 - 66
C-	1.7	60 - 62
D+	1.3	55 - 59
D	1.0	50 - 54
F	0.0	0 - 49

