

**Counseling Theories and Techniques – Lab Portion**  
**Psychology 440**  
**Spring Semester 2022**

Instructor: Leanne Parker, Ph.D.

Office Hours: Monday 4:15 – 5:15 p.m., Tuesday 2 – 3 p.m., Wednesday 4:30 – 5:30 p.m., or by appointment  
 (please request Zoom appointment if needed)

Office: Spalding 308

Phone: 792-2827

Email: lrparker@lsc.edu

Meeting Times: Tuesday 3 p.m. – 5 p.m., and as arranged

Class Meeting Place: MLH 210

Lab Exam Date: Tuesday, May 3, 3 – 5 p.m.

**Text Required:**

Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2018). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (9<sup>th</sup> ed.). Cengage Learning.

**Be sure to bring your book to each lab class!**

Purpose: Counseling Theories and Techniques is an advanced undergraduate course that requires both Psych 101 and Psych 311 as prerequisites. It is also helpful to have taken Psych 310, Personality Theories. The course presents various aspects of the field of counseling psychology, including theoretical models used for therapy, ethics, and the roles of counselors. In addition, students are exposed to skills in counseling, life history analysis, and the use of assessment tools by psychologists. It is workshop centered, practice-oriented, and a safe place to develop and explore new skills. By the completion of this course, you will have acquired interviewing techniques, counseling skills, a consideration of multicultural issues in counseling practice, and familiarity with diagnoses used in psychology.

As this is an advanced course, it will also be run in a seminar-style format, which **necessitates** reading the material before class, completing any assigned homework from the previous week, and being prepared to discuss all assigned material. Actively participating in class discussions is an important part of your grade. If it becomes apparent that students are consistently unprepared, weekly and/or pop quizzes may be utilized, or assigning points to homework. Mondays and Wednesdays will be spent discussing the readings from the Corey text and supplemental material. Tuesdays will be spent utilizing the Ivey, Ivey, and Zalaquett text, and applying and practicing counseling skills.

Objectives:

- 1) Be able to compare and contrast theories of psychotherapy.
- 2) Increase ability to analyze case histories, including key psychological issues and treatment planning vis a vis various theoretical models.
- 3) Apply a model of psychotherapy to yourself, treating your life as a case history in which you explore key psychological issues.
- 4) Demonstrate proficiency with basic skills of the counseling process, e.g., empathy, active listening, role playing, confronting, interpretation, etc.
- 5) Understand and integrate that concepts and skills covered are used in a multicultural world, and can be adapted to facilitate communication in a range of multicultural contexts.

**COVID-19 Considerations:** Be aware that anything about the syllabus may change depending on evolving realities associated with the current pandemic. In general, you can expect that coursework scheduling will remain constant under normal circumstances. However, due to outside forces beyond the control of faculty

and/or staff at LCSC, schedule and delivery modalities may change throughout the semester. While course times and meeting days should remain the same (excluding class cancellations), delivery modalities (face-to-face, virtual remote, online, etc.) may change due to extenuating circumstances. When circumstances warrant, assignment due dates or changes to assignments may be made. I will communicate such changes with students in a timely manner. Examples of extenuating circumstances include, but are not limited to: inclement weather, natural disaster, localized power outages, local or state directives, or instructor obligations (e.g., community or college service, professional development, injury/illness, etc.).

To maximize prevention and protection from the emerging variant(s), LC State is requiring all members of the campus community – regardless of vaccination status – to wear a face covering in indoor spaces where others are present. **This will continue in my courses regardless of changes made by LC State administration.**

**Thus, masks that cover both the nose and mouth must be worn in class.** You can take brief sips of any beverage that you might bring to class, but please do not eat food in class.

**At any point in the semester if you develop symptoms of COVID-19 or any other communicable illness, *do not attend any of your classes in person* and contact the LCSC Student Health Center right away: (208) 792-2251.** Please email me right away, so that we can adjust your participation as needed.

While this isn't new territory anymore, let's all do our best to be patient and understand that if things don't always go exactly as planned, we will try to creatively problem-solve any issues that arise. We will also periodically check-in with each other to see how things are working for everyone and readjust as necessary. **Our flexibility and understanding in this ongoing, fluid process will help make this semester a success!**

**Please check your LCSC email account at least once every day. It is the major way I communicate with you between class meetings.**

A note to persons with disabilities: If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. My office location, office hours, phone number, and email address are noted above. I'm also happy to work with Accessibility Services here on the LCSC campus.

**Note on attendance: You are responsible for anything covered in class during your absence. This includes lecture material, handouts, and any announcements or revisions made to the reading schedule. Please consult with a peer or myself when class is missed.**

Lab exercises and tests                      300 points (50 points for attendance and participation [assessed in part by possession of completed homework in class], 50 points for midterm project, 100 points for exam, and 50 each for initial and final videotape and review)

**Assignments may be modified at professor's discretion.**

Grading:	93 – 100%	= A	77 – 79.9%	= C+
	90 – 92.9%	= A-	73 – 76.9%	= C
	87 – 89.9%	= B+	70 – 72.9%	= C-
	83 – 86.9%	= B	67 – 69.9%	= D+
	80 – 82.9%	= B-	60 – 66.9%	= D
			59% & below	= F

### Elaboration of assignments

**General:** All papers must be typed, with no more than 1 inch margins and 12 point font. Assignments must be turned in to me in hard copy form, unless otherwise specified. **As always, grammar/punctuation/spelling are important and count as part of the total grade on any assignment.** Late papers will be accepted for up to **3 days** after the assignment is due; 10% of the paper's worth will be taken for EACH day the paper is late (e.g., if a paper is 2 days late, 20% of the paper's worth will be deducted before any other grading). **No papers will be accepted more than 3 days late.** If not turning in a paper during class, take it to the Social Sciences Division office and place it in my mailbox, or in the box outside the Social Sciences Division door. **All papers must be in APA format.** Please note that APA format was revised in 2019 (7<sup>th</sup> edition). You must use the most recent revision. **If you are not familiar with APA format, please see me.**

**Suggested or required paper lengths do not include cover page or reference page(s); abstract is not required.**

**There are no makeup exams.**

**Please Note:** I have a standing offer to briefly review any paper that has an upcoming due date and give you feedback about whether you are on the right track, improvements you could make, or anything else about which you have a question. To exercise this option, you must give me no more than a 3-page excerpt to review at least a week before it is due, and it must be typed.

**ATTENDANCE IS REQUIRED FOR THE LAB PORTION OF THE COURSE.** You are expected to remain for the entire time allotted for lab, unless cleared with me **in advance.** You may have 2 excused absences (excused means cleared with me in advance). You will lose all attendance/participation points with the 3<sup>rd</sup> absence (no exceptions), and a 4<sup>th</sup> absence will result in an Incomplete for the course which can only be made up by re-taking the lab portion of the course next year.

**Classroom Etiquette:** All students enrolled in this course shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. ***Note: In this classroom, proper behavior conducive to a positive learning environment includes the stowing of all cell phones, iPads, laptops, and any other distracting electronic device. In other words, this class will be a "no technology zone."*** ***If you feel strongly that you need to have a device out during class, please see me privately to discuss.***

### Elaboration of Assignments

#### **Lab:**

There will be a written exam on the Ivey, Ivey, and Zalaquett text.

Midterm for the lab includes a project and presentation, detailed on a separate handout.

Lab also includes 2 videotaped interviews between you and a classmate. The first interview will be 15 minutes and conducted within the first 3 weeks of the semester. The second interview will be 15 minutes and conducted during the final 3 weeks of the semester. Possible topics will be provided, and partners will exchange roles such that each has an opportunity to be the interviewer. Videotapes will be reviewed with me to discuss interviewing skills and techniques.

The final videotape review will include a **2 page self-analysis** of the evolution of counseling skills since the beginning of the semester, including areas of strength and weakness. Please bring this self-analysis to your review with me of the final videotape session.

Thus, you will receive up to 50 points for your first interview given that you:

- 1) conduct the interview appropriately,
- 2) complete it by the due date,
- 3) meet with me at a prearranged time prepared to discuss the interview.

You will receive up to 50 points for your second interview given that you:

- 1) conduct the interview appropriately,
- 2) complete it by the due date,
- 3) meet with me at a prearranged time prepared to discuss the interview,
- 4) prepare your self-analysis to bring to our review. It should include a thoughtful discussion about how your skills have changed over the course of the semester, what you have learned about your counseling style, and strengths and weaknesses of your counseling skills (strengths and weaknesses could include types of clients with which you would work especially well, and clients with whom you may have more trouble).

### **Some Words about Confidentiality and Interviewing**

In this course you are entering an experience that involves a fair amount of practice with interviewing. Naturally, in the course of discussion, it is possible for a student colleague to say something personally important and confidential. ***It is your duty and ethical responsibility to maintain confidentiality and trust.***

### **For Your Consideration in Your Interviews as “client”**

You have the right and personal responsibility to only share of yourself that which you are willing to talk about. All experiential exercises in this course are optional and you may stop participating in any experiential exercise you wish at any time without penalty. At the same time, if you find yourself not wishing to engage in the exercises, you may prefer to drop the course. ***This course, by its very nature, is experientially oriented and will involve self-disclosure.***

#### **Resources for Assistance:**

Student Counseling Services: (208) 792 – 2211, Sam Glenn 212 (free to all registered students)

TAO (Therapy Assistance Online) <https://www.lcsc.edu/student-counseling/tao-therapy-assisted-online-self-help>

***Please See Me Privately if You Would Like to Discuss These Issues in More Detail.***

## Tentative Assigned Reading and Due Dates for Lab

Please complete readings before class, and always have at least 2 topics prepared to use during practice times

- January 18:** Ivey, Chapter 1: Intentional Interviewing, Counseling & Psychotherapy
- January 25:** Ivey, Chapter 3: Attending and Empathy Skills
- February 1:** Ivey, Chapter 4: Observation Skills  
**Videotape 1 due; schedule time for review**
- February 8:** Ivey, Chapter 5: Questions: Opening Communication
- February 15:** Ivey, Chapter 6: Encouraging, Paraphrasing, and Summarizing
- February 23:** Ivey, Chapter 7: Reflecting Feelings
- March 1:** Ivey, Chapter 8: How to Conduct a 5-Stage Counseling Session Using Only Listening Skills
- March 8:** Ivey, Chapter 9: Focusing the Counseling Session
- March 15:** **Lab presentations (midterm)**
- March 22:** Ivey, Chapter 10: Empathic Confrontation
- March 29:** **Spring Break!**
- April 5:** Ivey, Chapter 11: Reflection of Meaning and Interpretation/Reframing
- \*\* April 7, last day to withdraw from class(es) or college for the semester.**  
Please note that I will not support petitions for late withdrawal except under unusual or extraordinary circumstances.
- April 12:** Ivey, Chapter 12: Action Skills for Building Resilience and Managing Stress
- April 19:** Ivey, Chapter 12: continued  
**Videotape 2 due; schedule time for review and discussion of self-analysis**
- April 26:** Student Leaders Choice!
- May 3:** **Exam 1**