

**Advanced Counseling Techniques  
Psychology 490  
Spring 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

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Email: lrparker@lcsc.edu

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

Class Meeting Place: MLH 210, Spalding 308, or as arranged

Final Class Meeting: 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: Advanced Counseling Techniques is an advanced undergraduate course that requires Psy 101, Psy 311, and Psy 440 as prerequisites, as well as permission of the instructor. It is also helpful to have taken Psy 310, Personality Theory. The course provides students with opportunities to enhance basic interviewing skills, develop advanced skills with interviewing and counseling, and observe/assist beginning students with counseling skills. It is workshop centered and practice-oriented.

As this is an advanced course, it will also be run in a seminar-style format, which **necessitates** reading the material before class and being prepared to discuss all assigned material. Actively participating in class discussions is an important part of your grade. Openness to supervision is key to growth in this context, and includes both peer supervision and 1:1 supervision with the instructor.

Objectives:

- 1) Demonstrate proficiency with basic skills of the counseling process, e.g., empathy, active listening, and role playing
- 2) Demonstrate increased proficiency with advanced skills of the counseling process, e.g., confrontation and interpretation.
- 3) Demonstrate an ability to observe and give constructive feedback to students newly learning counseling skills.

**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.

15 classes attended and facilitated	300 points (20 points for each class attended, includes possible videotaping, peer and/or 1:1 consultation, supervision and final class leadership)
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This is a pass/fail course. **Note attendance is required.**

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

In this course you are entering an experience that involves a fair amount of practice with interviewing and providing feedback. Naturally, in the course of discussion, it is possible for a student to say something personally important and confidential. ***It is your duty to maintain confidentiality and trust.*** It is also important that you communicate with the instructor ***immediately*** if you have any questions or concerns about something a student has communicated in the interview. This will be discussed in more detail at the first meeting.

#### 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

- 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
- February 8:** Ivey, Chapter 5: Questions: Opening Communication
- February 15:** Ivey, Chapter 6: Encouraging, Paraphrasing, and Summarizing
- February 22:** 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
- April 26:** Student Leaders' choice!
- May 3:** Assistance with video reviews and analysis