

**Counseling Program
University of North Texas**

**EDSS 5680
Basic Counseling Techniques**

1. **Goal of the course:** Each student will be able to demonstrate basic counseling skills, techniques, and professionally ethical and legal behavior; to accurately critique one's own level of skill development; and to explain how one's life experiences have led one to the profession of counseling.

2. **Learning Objectives:** The student can:
 1. Explain how basic counseling skills are utilized with a variety of counseling theories.
CACREP II. K 5c.

 2. Demonstrate the following basic counseling skills: attending behavior, appropriate use of questions, immediacy, client observation, encouragement, reflection of feeling, reflection of content, reflection of meaning, reflection of discrepancy, summarization, and session management.
CACREP II. K 5a, 5b.

 3. Discuss the role of values in the counseling process.
CACREP II. K 5b.

 - D. Explain the role that culture and diversity play in the counseling process.
CACREP II. K 2c, 5a.

 - E. Describe the role of non-verbal communication in the counseling relationship.
CACREP II. K 5a.

 - F. Discuss the role of technology in the counseling processes.
CACREP II. K 1c,5f.

 - G. Apply ethical and legal principles of counseling both in one's own behavior and to hypothetical ethical/legal dilemmas.
CACREP II. K 1h, 2f, 3e, 4i, 5g, 6g, 7i, 8f.

 - H. Accurately assess one's own level of skill development

6. Explain how one's life experiences have influenced the decision to pursue a career in the counseling profession.

III. **Method of Instruction.** The course content is presented in didactic and experiential format with an emphasis on the enactment of basic counseling skill development. The instructor assigns students to read relevant material, provides lecture and opportunity for questions and discussion, presents live or videotape demonstration, assigns students to practice both in and out of class, periodically has students videotape the use of basic skills in interviews of classmates and then critique their skill development, and provides feedback to students about their skill development.

IV. Required Texts:

Bernstein, B. E., & Hartsell, T. L. (1998). *The portable lawyer*. New York: John Wiley & Sons.

Ivey, A. E., & Ivey, M. B. (1999). *Intentional interviewing & counseling* (4th ed.) Pacific Grove, CA: Brooks/Cole.

Herlihy, B., & Corey, G. (1996). *ACA ethical standards casebook* (5th ed.). Alexandria, VA: American Counseling Association.

Holden, J. (2001). *EDSS 5680 class notes packet*. Denton, TX: University of North Texas.

V. Student evaluation criteria and procedures.

1. Regular attendance, participation in classroom discussions, and completion of all required reading assignments.
- B. A self-study paper, 12-15 pages long, written in APA format, in which the student explores factors in one's personal history that contributed to one's current pursuit of counseling as well, goals in the counseling profession, and personal values, assets, and areas for development as they pertain to the effective practice of counseling.
- C. Three videotapes of non-therapeutic interviews of classmates in which the student demonstrates, critiques, and receives instructor feedback on the student's demonstrated development of basic counseling skills and techniques. Each student must provide to the instructor at the beginning of the semester *Proof of Counseling Liability Insurance*.
- D. Midterm and final exams that assess student knowledge of information from texts and lecture.

Sample Grade Evaluation and Scale

Attendance & Participation	10 %
Self Study Paper	15 %
Videotape interviews & critiques	
#1	10 %
#2	15 %
#3	20 %
Midterm	15 %
Final Exam	<u>15%</u>
	100%

Scale: 90-100%	= A
80-89%	= B
70-79%	= C

Sample Course Calendar

<u>Schedule</u>	<u>Topic</u>
Class # 1	Introduction & Course overview What is a Counselor? Engels & Dameron CACREP II. K 1a.
Class # 2	Counseling ethics Herlihy & Corey Introduction Counseling skills Ivey & Ivey Ch. 1 & 2 Class notes packet “The Relationship between Basic Counseling Skills and Counseling Theory” CACREP II. K 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5c, 5g, 6g, 7i, 8f
Class # 3	Counseling ethics Herlihy & Corey Part I Counseling skills Ivey & Ivey Ch. 3 & 4 CACREP II. K 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5g, 6g, 7i, 8f
Class # 4	Counseling ethics Herlihy & Corey Part II Counseling skills Ivey & Ivey Ch. 5 CACREP II. K 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5g, 6g, 7i, 8f
Class # 5	Counseling ethics

- Herlihy & Corey Part III, Chaps. 1-4
 Counseling skills (taping #1)
 Ivey & Ivey Ch. 6
 CACREP II. K 1c, 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5g, 5f, 6g, 7i, 8f
- Class # 6 Counseling ethics
 Herlihy & Corey Part III, Chs. 4-10, & Part IV
 Videotape #1 session and critique due
 Review for midterm exam
 CACREP II. K. 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5g, 6g, 7i, 8f
- Class # 7 Midterm exam
- Class # 8 Legal issues in counseling
 Bernstein & Hartsell Section One
 Counseling skills
 Ivey & Ivey Ch. 7
 CACREP II. K 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5g, 6g, 7i, 8f
- Class # 9 Legal issues in counseling
 Bernstein & Hartsell Section Two
 Counseling skills (taping #2)
 Ivey & Ivey Ch. 8
 CACREP II. K 1c, 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5f, 5g, 6g, 7i, 8f
- Class # 10 Legal issues in counseling
 Bernstein & Hartsell Section Three and Four
 Counseling skills
 Ivey & Ivey Ch. 9 & 10
 Videotape #2 session & critique due
 CACREP II. K 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5g, 6g, 7i, 8f
- Class # 11 Legal issues in counseling
 Bernstein & Hartsell Section Five
 Counseling skills
 Ivey & Ivey Ch. 11 & 12
 Self-study paper due
 CACREP II. K 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5g, 6g, 7i, 8f
- Class # 12 Legal issues in counseling
 Bernstein & Hartsell Sections Six & Seven
 Counseling skills (taping #3)
 Ivey & Ivey Ch. 13 & 14
 CACREP II. K 1c, 1h, 2c, 2f, 3e, 4i, 5a, 5b, 5f, 5g, 6g, 7i, 8f
- Class # 13 Legal issues in counseling

Bernstein & Hartsell Section Eight
Videotape #3 session & critique due
CACREP II. K 1h, 2f, 3e, 4i, 5a, 5b, 5g, 6g, 7i, 8f

Class # 14 Legal issues in counseling
 Bernstein & Hartsell Section Nine
 What Is A Counselor? revisited
 Engels & Dameron
 Review for Final Exam
 CACREP II. K 1h, 2f, 3e, 4i, 5g, 6g, 7i, 8f

Class # 15 Final exam

STUDENTS ARE REQUIRED TO CARRY PROFESSIONAL LIABILITY INSURANCE FOR THIS COURSE. PLEASE CONSULT YOUR INSTRUCTOR.

The University of North Texas College of Education does not discriminate on the basis of disability in the recruitment and admission of students, the recruitment and employment of faculty and staff, and the operation of any of its programs and activities, as specified by federal laws and regulations. The designated liaison for the Counseling Program is Dr. Jan Holden, Room 155, Stovall Hall. Copies of the College of Education ADA Compliance Document are available in the Dean's Office, Matthews Hall 214.

The student has the responsibility of informing the course instructor of any disabling condition which will require modifications to avoid discrimination.