

COUN 3320 – FALL 2021
Introduction to Counseling and Psychotherapy
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The post date of this syllabus is August 17, 2021.
If I need to update it, I will inform you and change the date listed here.

The first day of class will be in person in ED 4007 on Monday, August 23, 2021.
Please come to your enrolled section: Section 003 at 12:30pm and Section 001 at 2:00pm.

COVID-19 Statement

This continues to be a strange and unusual time given the pandemic. Our course will be Face-to-Face only (there will be no ZOOM or live-feed option). If the pandemic worsens and it is deemed unsafe by Texas State University for us to meet in person, we will shift to an asynchronous virtual format. If that happens, everything you will need to fully participate in this course will be on our CANVAS site. You will be completely informed in advance of any changes via CANVAS email or announcements, so please check our CANVAS site regularly. Go to txstate.edu for more information on the Bobcat Pledge, Roadmap, and Health & Safety Measures.

Course Description

Course content will be exactly the same whether class is Face-to-Face or online. COUN 3320 is designed for upper-division undergraduates who are considering entering a helping profession or wish to know more about counseling. The course will offer a broad overview of counseling, counseling theories, and interpersonal communication skills that will facilitate a therapeutic relationship. This class will leave students with a greater knowledge of the field and profession of counseling and psychotherapy, increased self-awareness, and improved listening and communication skills. A combination of lectures, experiential exercises, and out-of-class work will be employed to reach these goals.

Goals and Objectives

Through participation in this class, the student is empowered to...

- develop an understanding of professional helping, the counseling process, and the therapeutic relationship
 - identify and practice active listening via attending, listening, and action skills
 - gain an understanding of counseling as a multicultural experience
 - learn the ethical responsibilities involved in counseling
- and demonstrate
- an understanding of counseling theory, strategies, and interventions
 - an awareness of personal communication patterns, including self-awareness and his/her impact on others
 - an understanding of cognitive and affective content and how to choose appropriate responses to both
 - an understanding of transference and countertransference and ways to approach these and other issues in a therapeutic relationship
 - and an understanding of the importance of counseling goals and coping skills.

Required Textbook

Cormier, S. (2016). Counseling Strategies and Interventions for Professional Helpers (9th ed.). Pearson Education, Inc.

Requirements and Evaluation

50 points	Graded Discussions: 10 at 5 points each scattered throughout the semester. The Discussion will consist of a prompt or question. It will be posted on CANVAS under Discussions and in the Course Summary on the Home page. I will not provide advanced notice of the Discussions but will state in class if there is one for that day.
50	Homework: 10 critical thinking homework assignments at 5 points each posted on CANVAS under Assignments and will appear in the Course Summary on the Home page. Assign and due dates are listed on the Course Schedule.
60	Semester Project: Choose between one of the three options. Instructions will be posted on CANVAS under the Module labeled Project Info in the coming weeks.
<u>150</u>	Three Unit Exams at 50 points each. There is no Final Exam.
310 points total	

Grading: A = 310 – 278; B = 277 – 247; C = 246 – 216; D = 215 – 185; F = below 184

* Optional extra credit opportunities will be made available over the course of the semester. They will be posted under the Extra Credit Module.

Class Policies

- You will find what you need for this course on CANVAS. Although there are many tab options available on our CANVAS site, the main ones I will utilize are **Modules, Files, Assignments, Pages, Discussions, and Grades**. I included the others in order to have options available to me as the semester unfolds. I will inform you of what you need if/when you need it via in-person announcements, CANVAS announcements, or email.
- The Modules Tab will include a great deal of information. There, you will find Modules such as Project Info, Study Guides, Extra Credit, etc.
- Every class period will also have its own Module titled by the Date and Lecture #.
 - The Module will contain a Lecture Outline and any supplemental assignments, discussions, activities, etc. needed for that day.
 - The Outlines do not contain all the information you need. They are only meant to facilitate a smooth running lecture and to aid in your note taking. You may find it useful to print it out or have it pulled up on your device as you listen to the lecture.
 - You will have access to the outline whether you come to class or not. However, you must be in class in order to receive the complete lecture. If you miss a class for any reason, I encourage you to befriend a classmate in order to get the notes you missed.

- The Course Schedule lists when homework (HW) is assigned and due. HW is posted on CANVAS under the Assignments in the group labeled HOMEWORK. Pay attention to due dates and times. Late homework will not be accepted. Once posted, HW may be turned in early. Please turn HW in via the CANVAS Assignment Page as an attachment or in the submission box on the assignment. The Course Schedule also lists reading assignments; it is recommended that you read the material prior to listening to the lecture.
- If it is an Exam day, you will need to come to class in person at your enrolled section's time to take the exam.
 - o Rescheduling options exist for emergencies only. If you are unable to take the exam at your enrolled section's time, points will be deducted unless you have accommodations through ODS or a doctor's note.
 - If you notify me in advance of the exam to request a different time, only 4 points will be deducted from your score.
 - If you do not notify me in advance and just do not show up, 8 points will be deducted from your score once you complete the exam.
 - The point deduction policy is to promote fairness and accountability. Contact me by email or text to inform me of your emergency and to request and arrange a reschedule. If a reschedule is impossible to arrange, we will discuss options on a case-by-case basis.
- If I need to communicate with you outside of class, I will email you individually or in a group class email. It is your responsibility to double check your "junk" email folder regularly as Texas State sent emails sometimes go straight to the junk folder.
- If I need to cancel class for any reason, I will email the entire class or post an announcement on CANVAS. If for some reason I am unable to notify you in advance, I will inform the department administrator and have him/her place a note on our door. If I am unable to give any notice whatsoever, please wait 20 minutes into the class period prior to leaving in case I am running late due to unforeseen circumstances. A cancelled class may result in altering our Course Schedule.
- If you are unable to complete class requirements due to illness (COVID-19 or otherwise), please notify me. You may be asked to provide a doctor's note in order to excuse you from participating or to get an extension on due dates.
- I will make decisions regarding other issues when and if they occur. The excuse of "I didn't know" is unacceptable. Given what I announce in class, the information provided in the Syllabus and Course Schedule, and material I post on CANVAS or send via email, you will be fully informed. If you miss an announcement because you chose not to view posted material or check your email, it may result in the consequence of you not knowing a vital piece of information and may negatively impact your grade. Please understand that I am available to you. Reach out and ask me if you are unclear about something.

Texas State Policies

- Accommodations for Disabilities:
If you are a student with a disability who will require an accommodation(s) to participate in this course, please contact the instructor as soon as possible. You will be asked to provide documentation from the Office of Disability Services. Failure to contact the instructor in a timely manner may delay your accommodations. For information on how to register a disability and on a range of support services, visit the **Office of Disability Services** website at <http://www.ods.txstate.edu/>

Honor Code

- To support the goal of maintaining a climate of academic integrity, Texas State University has adopted the Texas State University **Honor Code**. The Honor Code applies to all academic activities and academic work, whether these take place on-campus, off-campus, or online. Texas State expects students to engage in all academic pursuits in a manner that is beyond reproach. Students found in violation of the Honor Code are subject to disciplinary action. Information on the Honor Code and related processes is located at <http://www.txstate.edu/honorcodecouncil/>

Student Resources

- For additional information on diversity connections, counseling and mental health services, sexual assault resources, sexual misconduct/Title IX procedures, and new graduate student information visit the **Syllabus Policies & Student Resources** page at <http://www.txstate.edu/clas/about/Department-Policies/Syllabus-Policies-and-Student-Resources.html>

Guidelines for Taking This Course

1. Take Responsibility For Your Own Learning
 - You will get out of this what you put into it. Your grade will most likely reflect your effort.
2. This Is A Beginning Level Course
 - Although you will learn many communication and counseling skills, please keep in mind that this is an introductory counseling course. You will not be a qualified counselor when you complete the class.
3. This Class Is Not The Place To Get Your Mental Health Needs Met
 - Do not use this classroom to process your issues. I am a Licensed Professional Counselor, but I cannot be your counselor.
 - If you find yourself struggling with some issues, seek your own counseling.
 - You can receive counseling services at the Texas State Counseling Center (phone 512-245-2208) or through the Graduate Program Counseling Clinic (phone 512-245-8349) as part of the class project or on your own.
4. Do Not Impose Your Values On Others

- Avoid making judgments on a person's lifestyle, life experiences, or philosophy of life. This classroom, like a session room, is a place of acceptance and respect.

5. A Positive Attitude Can Go A Long Way To Make This Class Enjoyable and Interesting

- Class activities help reinforce learning but can also be fun if you have the right frame of mind.
- As a Face-to-Face class, some of the activities will be small group with shared materials. As is the habit we have all adopted, please sanitize your hands before coming to class and stay home if you are sick.