

 <p>MTSU Professional Counseling Program</p>	<p><b>Professional Counseling Program</b>          Middle Tennessee State University          1301 East Main Street          Murfreesboro, TN 37132  <a href="http://www.mtsu.edu/edu_leadership/professional_counseling/">http://www.mtsu.edu/edu_leadership/professional_counseling/</a></p>
<p><b>COUN 6260 PRE-PRACTICUM IN COUNSELING SEMESTER</b></p> 	

Instructor: Email: Office Phone: Cell Phone: Class Location:	Class Time: Office: Office Hours: *  <p style="text-align: right;">*Appointment suggested</p>
--	---

**Course Description:** Introduces basic communication skills, techniques, and process involved with working with clients in a counseling relationship; extensive role-play practice with peer and faculty feedback. (Liability insurance \$1,000,000 each incident/\$1,000,000 annual aggregate) required prior to enrollment.

**Instructor's Statement:** This course will involve the study of theory and practice related to Egan's Model of Helping. In teaching this course, I have two primary objectives: (a) to help you develop an understanding and awareness of the specific knowledge and skills that are most useful in helping relationships, and (b) to provide opportunities for practicing these skills. The format of the class requires your **active participation** in all aspects of the class including lecture, readings, discussions, and activities.

**Textbook**

Egan, G. (2014). *The skilled helper: A problem-management and opportunity development approach to helping*, (10th ed.) Belmont, CA: Thomson Brooks/Cole. (ISBN-10: 1-285-06571-9 • ISBN-13: 978-1-285-06571-7)

King, A. (2001). *Demystifying the Counseling Process*. Needham Heights, MA: Allyn & Bacon. (ISBN-10: 0321040503 • ISBN-13: 9780321040503)

**Methods of Instruction**

Lecture, In-class role play, experiential activities

**Objectives:**

- To discuss aspects of the helping relationship
- To learn and apply the Egan Model of helping
- To discuss and practice the concept of empathy in a helping relationship
- To learn to work effectively with clients
- To learn effective communication skills

Evaluation	
Class Attendance	50 points
Participation	50 points
Mid-term Examination	100 points
Final Examination	100 points
Skills Session #1	300 points
Skills Session #2	300 points
Self-Exploration	50 points
Online Journal	50 points
Interventions Manual	50 points
<b>TOTAL POINTS</b>	<b>1000 POINTS</b>

COUN 6260 Pre-Practicum in Counseling 2009 CACREP Standards			
#	Core Curricular Category	Standard	Learning Activities & Experiences
<b>II-G-1-d</b>	Professional Orientation and Ethical Practice	Self-care strategies appropriate to the counselor role;	Classroom discussion, assignment (self-exploration project)
<b>II-G-2-a</b>	Social and Cultural Diversity	Attitudes, beliefs, understandings, and acculturative experiences, including specific experiential learning activities designed to foster students' understanding of self and culturally diverse clients;	Self-exploration assignment
<b>II-G-5-a</b>	Helping Relationships	An orientation to wellness and prevention as desired counseling goals;	Self-exploration project; Interventions
<b>II-G-5-a</b>	Helping Relationships	Counselor characteristics and behaviors that influence helping processes;	Exam questions; Experiential activities; skills session assignment; journal entries
<b>II-G-5-c</b>	Helping Relationships	Essential interviewing and counseling skills;	Exam questions; Experiential activities; skills session assignment; journal entries
<b>II-G-5-d</b>	Helping Relationships	Counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling;	Exam questions; Experiential activities; skills session assignment; journal entries
#	Clinical Mental Health	Standard	Learning Activities & Experiences
<b>CMHC-F-2</b>	Diversity and Advocacy – Skills and Practices	Understands the effects of racism, discrimination, sexism, power, privilege, and oppression on one's own life and career and those of the client	Self-exploration assignment; internet activity
<b>CMHC-F-5</b>	Diversity and Advocacy – Skills and Practices	Understands the implications of concepts such as internalized oppression and institutional racism, as well as the historical and current political climate regarding immigration, poverty, and welfare	Self-exploration assignment; internet activity

## ASSIGNMENTS

1. Class Attendance/Participation (50 points)

2. Examination (200 points)

### 3. Skills Sessions (600 points)

**Skills Session 1:** Skills Session 1 will be a demonstration of basic skills such as attending, listening, and responding. This session must be a **minimum of 20 minutes**. If the session is less than 20 minutes, you will lose points. Skills Session 1 will be evaluated on types of responses made, understanding and accuracy of responses, professionalism, facilitation of session (introduction and closing), attending, listening, and genuineness.



**Skills Session 2:** Skills Session 2 will be a demonstration of facilitation through the stages of Egan's Model of Helping. This session must be a **minimum of 20 minutes**. If the session is less than 20 minutes, you will lose points. Skills Session 2 will be evaluated on facilitation through the model, types of responses made, understanding and accuracy of responses, professionalism, facilitation of session (introduction and closing), attending, listening, and genuineness.

### 4. On-Line Journal (50 points)

### 5. Self-Exploration (50 points)

**Trauma-Informed Component:** One (1) self-exploration activity will pertain to developing a deeper understanding of the impact of trauma. As part of this assignment, please read the following book:

Cain, T. (2014). *Healing Neen: One Woman's Path to Salvation from Trauma and Addiction*. Deerfield Beach, FL: Health Communications, Inc.  
**ISBN-10:** 0757317960; **ISBN-13:** 9780757317965; **HCI-Item:** 7960

Please include your reflection of the book in your reaction paper (See Documentation of Self-Exploration for more details). In addition, you will need to follow the directions provided for reading a book.

Students will be able to choose activities from several areas:

**Individual Counseling:** Students may choose to participate in individual counseling. Students should consult with the instructor regarding any type of counseling experience. You may choose to attend a maximum of **four (4)** individual sessions.

**Group Work:** Students may participate in any type of group counseling sessions or support groups available (e.g. Alcoholics Anonymous, Al-Anon). Group work cannot make up the entire 10 hours of self-exploration. You may choose to attend a maximum of **three (3)** group sessions.



**Reading:** Students may choose to utilize self-help literature for part of the self-exploration experiences. Books chosen must pertain to self-improvement and should not be textbooks, etc. This is a vast and growing literature, and students are encouraged to investigate the availability of titles in bookstores and libraries. **Each book will be worth 4 hours.** **Students must have approval from the instructor for each book.**

**Electronic material:** Students may choose to access self-help materials via electronic devices or audiobooks. There is a wide variety of electronic materials published aimed at enhancing one's understanding of self. Some electronic materials may be available from the MTSU library.

**Other Experiences:** Students may receive credit for part of their self-exploration through participation in certain activities such as seminars, conferences, workshops, programs aimed at self-discovery (e.g., meditation, physical challenge, relaxation, or artistic expression). **You must submit proof that you attended conferences, workshops, seminars through a signed pamphlet or brochure, etc. with your self-exploration documentation.**

**Volunteer Work:** Students may receive credit for part of their self-exploration through participation in volunteer work. Students must be able to provide documentation of volunteer hours from a supervisor, etc. Volunteer work must pertain to an area of helping professions. You may choose to attend a maximum of **four (4)** volunteer hours.

**Students will be required to submit a one-page prospectus describing the activities that they choose to experience. All activities must be approved by the instructor. See schedule for due date.**

### Documentation of Self-Exploration

Students will be required to submit a 4 to 6 page (typewritten, APA style, double-spaced) reaction paper of all activities experienced. These reactions papers will be centered around questions raised and answered by the student during the experience. The papers should not be simply a

recount of each experience (e.g., counseling sessions, books, etc.) but should be a reflection of what was learned or discovered in the experience. In the paper, include the following:

- Documentation should include a copy of the prospectus submitted at the beginning of the semester.
- Activities should be clearly labeled including the amount of time spent in each activity.
- Reactions to book(s) chosen should be a minimum of 2 pages (of the 6).
- Documentation of attendance to group sessions, workshop/seminars, etc., and/or volunteer work should be presented with paper.

## 6. Intervention Manual (50 points)

a. *Design an intervention* –

b. *Post the intervention via Desire2Learn* –

c. *Intervention Manual*

**A total of 10 interventions must be posted via discussion board on Desire2Learn. You will be required to submit a hard copy of your interventions. See tentative schedule for due dates.**

## 7. Skills Practice/Computer Usage

Skills will be practiced in the classroom through role-playing and laboratory settings. Students will be expected to practice the skills on their own throughout the week. As part of the counseling graduate program, all students **MUST** have access to a computer and will be required to conduct online assignments using the appropriate technology. No exceptions will be made. Students can access computer labs at various locations on campus. Access to Desire2Learn will be required for this course. I will use your MTSU email address for communications. Please check your MTSU email on a regular basis. If you have problems accessing your email accounts, including operating Desire2Learn, contact the HELP DESK at 615.898.5345.

## 8. Multicultural Education

In this course, content and experiences in multicultural interactions will be discussed. Students will learn about differences in culture and the effect these differences have on the counseling relationship.

## 9. Academic Honesty

It is expected that all work you complete for this course is your own. You are expected to include appropriate citations (when applicable) in all of your work for this course. The University policy for academic misconduct will be followed. Academic misconduct includes the following behaviors: plagiarism, cheating, fabrication, or facilitating any such act. The following definitions apply:

- **Plagiarism** – the adoption or reproduction of ideas, words, statements, images, or works of another person as one's own without proper acknowledgement.
- **Cheating** – using or attempting to use unauthorized materials, information, or study aids in any academic exercise. The term academic exercise includes all forms of work submitted for credit or hours.
- **Fabrication** – unauthorized falsification or invention of any information or citation in an academic exercise.
- **Facilitation** – helping or attempting to help another to violate a provision of the institutional code of academic misconduct.

## 10. Confidentiality

Being involved in class discussion and small groups usually entails some amount of personal self-disclosure. Because of the nature of vulnerability, trust, and openness needed to learn about counseling, it is extremely important that confidentiality be maintained. Revealing personal information others have shared is a breach of confidentiality and is unethical. If you would like to share with others regarding your experiences, please reveal only your own reactions and understandings, and avoid using names or identifying features of your classmates. It is expected that any person participating in a demonstration, role-play, or group activity will have their confidentiality respected.



## 11. Professional Organizations

The MTSU Professional Counseling Program strongly recommends that you obtain membership in the American Counseling Association (ACA), American School Counselor Association (ASCA), the Tennessee Licensed Professional Counselors Association (TLPCA), and/or the Tennessee Counseling Association (TCA). Student memberships are available at a reduced rate, and allow you to become actively involved in local, state, and national activities, which serve to enhance your professional repertoire.

## 12. MTSU Professional Counseling Program Dispositions

Students in the Professional Counseling Program are required to demonstrate program Dispositions (being collaborative, ethical, professional, reflective, self-directed, and critical-thinking students) in this class and in all other academic and professional endeavors. Information regarding demonstration of these dispositions may be communicated to program faculty to be used as a component of the faculty's continuous evaluation of student progress. (See Professional Counseling Program Handbook at <http://www.mtsu.edu/~psych/counsel.htm> for details).

If you have a disability that may require assistance or accommodations, or if you have any questions related to any accommodation for testing, note taking, reading, etc., please speak with me as soon as possible. You may also contact the Office of Disabled Services (615.898.2783) with any questions about such services.

### In class etiquette



**Please make sure that all cell phones are turned off or volume down during class! Please do not answer phone or text message during class. Use only in case of emergencies.**

**Please do not use laptop computers for any purpose other than class participation. If I determine you are using the computer inappropriately (e.g., Facebook, etc.), you will lose points for participation and potentially lose a letter grade in the course. Thank you!**



