

PSY 624: Counseling Skills
University of Hawaii at Hilo

Class Day/Time:	Instructor:
Class Location:	Office Location:
Office Hours:	Phone/Email:

Course Overview: This is a hands-on pre-practicum course designed to help you develop your basic counseling skills. The course will cover relationship building, interviewing skills, case conceptualization, and treatment planning.

Student Learning Outcomes:

1. Demonstrate the ability to establish a therapeutic relationship through nonverbal and listening behaviors.
2. Demonstrate the ability to conduct an intake interview.
3. Become competent in case conceptualization and treatment planning.
4. Become familiar with several effective therapeutic techniques commonly used in practice.

Required Cengage Text:

Cormier, S., Nurius, P., & Osborne, C. (2017) *Interviewing and Change Strategies for Helpers* (8th ed.). New York: Pearson.

To access this text on Cengage please use this link:

<https://www.cengage.com/dashboard/#/course-confirmation/MTPPMGVN2ND1/initial-course-confirmation>

Course Structure, Expectations, and Assignments: The emphasis of the course will be on the practical application of counseling skills. Thus, most of the time spent in class will be devoted to role-playing of therapeutic techniques. Course assignments will include reading assigned material and completing the online assignments, actively participating in class discussions and role-plays, and leading the class in a relaxation exercise. There will be 2 short written assignments.

Written Assignment #1 -- Initial self-evaluation: In this short (approximately 5 pages is fine, longer is OK) paper I would like you to try to take an objective look at yourself and describe what you see as your strengths and weaknesses as a counselor to be. What do you already do well? What do you need to learn? What interests you about counseling (populations and problems)? What would your ideal job be 5 years from now?

Written Assignment #2 -- Final self-evaluation: In this short (approximately 5 pages is fine, longer is OK) paper, due at the end of the semester, I would like you to look back over the semester and describe how you have grown and areas for further growth. Take a look at your initial self-evaluation. Does it still seem accurate? Have you made progress? Also, what were the most and least helpful aspects of the course? What would you add or delete?

Weekly Laulima Posting Assignment: Each week by Wednesday at noon, please post a discussion question that you would like to discuss in class to the Laulima discussion forum. The question should usually be based on the readings. Explain why the question is important or interesting. Please be prepared to lead a class discussion on your question of interest. At the end of the semester, I will ask you to please confirm how many of the required discussions you completed by simply sending me a statement in this format: "I completed X of the 11 assigned weekly posts."

Relaxation Exercise: Each of you will lead at least one live relaxation exercise for the entire class. You can use any format that appeals to you, although some options will not be available due to the online nature of the course. We will try to coordinate this exercise so that we are exposed to the broadest possible range of stress management/relaxation/meditation techniques. You should begin by presenting a brief description, explanation, and rationale for the technique, as you would present it to a client. Then lead the exercise as you would for a real group of clients. At the end, please conduct a debriefing (as you would for a real client group).

Class Presentation: You will present to the class on an approach to counseling (this can be a single counseling technique or a more comprehensive set of techniques) that you are interested in. Your presentation should include a PowerPoint presentation explaining the theory behind the technique(s), the empirical support for the technique, and the technique itself. Then figure out a way for the class to practice the technique in a role-play or other type of experiential exercise. Your presentation should be about 1.5 hours total.

Evaluation and Grading: Your grade will be determined based on class participation and the assignments shown above with the following contributions of each component:

Assignment	%
Class Presentation	40
Cengage Assignments	40
Relaxation Exercise	10
Weekly posts	10

Here are the numerical equivalents for each letter grade on assignments: A+ = 100, A = 96, A- = 92, B+ = 88, B = 85, B- = 82, C+ = 78, C = 75, C- = 72, D = 65, F = 0. Your final grade for the course will be assigned based on your final numerical score as follows: 95-100 = A, 90 - 94 = A-, 87 - 89 = B+, 83 - 86 = B, 80 - 82 = B-, 77 - 79 = C+, 73 - 76 = C; 70 - 72 = C-; 60 - 69 = D; < 60 = F.

Promoting an Effective Learning Environment: To promote an effective teaching and learning environment for you, your classmates, and your instructor, please do not have private discussions or use electronics or carry during class unless you need them for a presentation or relaxation exercise.

In addition, out of respect for your other classmates and your instructor, please arrive on time. If you are unable to attend class because of an emergency, please notify me via email as soon as possible. Students having more than one unexcused absence may be dropped from the course and receive either a W or an F for the course.

Professional Conduct: At my discretion and the discretion of the Director of the Counseling Psychology Program, a student who commits one or more serious professional or ethical mistakes, omissions, or violations may be removed from the course and may receive a W or F for the course. In addition, depending on the seriousness of the mistake, omission, or violation, the student may also face expulsion from the Counseling Psychology Program.

Student Resources:

UH Hilo provides a wide variety of support to students including tutoring, disability services, mental health counseling, and EEO-Title IX support. For updated descriptions of these resources please go here:

<http://go.hawaii.edu/zAf>

Course Schedule:

Date	Wk	Readings	Presenters
	1		Relaxation:
	2	Cormier Ch. 4 (NOTE: CHAPTER OUT OF ORDER) Cengage assignments and discussion question post due both due by Wednesday noon.	Relaxation:
	3	Cormier Ch. 5 Cengage assignments and discussion question post due both due by Wednesday noon.	Relaxation:
	4	1:00 – 3:45	Relaxation:
	5	Cormier Ch. 1 (NOTE: CHAPTER OUT OF ORDER) Cengage assignments and discussion question post due both due by Wednesday noon.	Relaxation:
	6	Cormier Ch. 2 Cengage assignments and discussion question post due both due by Wednesday noon.	Presentation:
	7	Cormier Ch. 3 Cengage assignments and discussion question post due both due by Wednesday noon.	Presentation:
	8	Cormier Ch. 6 (NOTE: CHAPTER OUT OF ORDER) Cengage assignments and discussion question post due both due by Wednesday noon.	Presentation:
	9	Cormier Ch. 7 Cengage assignments and discussion question post due both due by Wednesday noon.	Presentation:
	10	1:00 – 3:45 (UCB 245, Sunday)	Relaxation:
	11	Cormier Ch. 9 (NOTE: CHAPTER OUT OF ORDER) Cengage assignments and discussion question post due both due by Wednesday noon.	Presentation:
	12	Cormier Ch. 10 Cengage assignments and discussion question post due both due by Wednesday noon.	Presentation:
	13		Relaxation: Presentation:
	14		Relaxation: Presentation:
	15		Relaxation: Presentation: