

# COURSE SYLLABUS



COURSE TITLE: PSYC-256-Introduction to Counselling

CLASS SECTION: X02

TERM: 2025W

COURSE CREDITS: 3

DELIVERY METHOD(S): Interurban Campus (CHW #350)

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

---

## INSTRUCTOR DETAILS

---

NAME: Arloene Burak, M.Sc., R.C.C.

EMAIL: [BurakA@camosun.ca](mailto:BurakA@camosun.ca)

OFFICE: Centre For Health & Wellness Building (TBA)

HOURS: Monday at 12 :30 or by appointment

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

---

This course is designed to enhance the communication and helping skills of students interested in health, education or human services. Areas of focus will include the helping/counselling relationship and attitude, advanced listening skills, structured interview skills, the process of personal change and self-awareness and the helping process and issues.

### PREREQUISITE(S):

One of:

C in PSYC 154

C in MHA 115

CO-REQUISITE(S):

EQUIVALENCIES:

#### COURSE LEARNING OUTCOMES / OBJECTIVES

---

Upon completion of this course a student will be able to:

Describe and demonstrate basic and advanced communication skills.

Outline and evaluate theories involving counseling values, beliefs, attitudes and issues.

Perform a structured interview within the context of a simulated helping/counseling exercise.

Apply a helping model to a simulated counseling exercise.

Describe how the actions and thoughts of the counselor can affect the helping process.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

---

Text: Corey, G. (2023). *Theory and Practice of Counseling and Psychotherapy* (11<sup>th</sup> Ed.). Boston: Cengage. *MindTap is not required.*

#### COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

---

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	ACTIVITY or TOPIC
January 6 <sup>th</sup>	Introduction and Overview Reading: Chapter 1
January 13 <sup>th</sup>	The Counselor: Person and Professional Reading: Chapter 2
January 20 <sup>th</sup>	Ethical Issues in Counseling Practice Reading: Chapter 3
January 27 <sup>th</sup>	Psychoanalytic Therapy Reading: Chapter 4
February 3 <sup>rd</sup>	<b>Quiz #1 (Ch. 1-4)</b> Organize Presentations
February 10 <sup>th</sup>	Existential Psychotherapy Reading: Chapter 6
<b>February 17<sup>th</sup></b>	<b>Family Day – No Class</b>
February 24 <sup>th</sup>	Person Centered Therapy Reading: Chapter 7

WEEK or DATE RANGE	ACTIVITY or TOPIC
March 3 <sup>rd</sup>	Behavior Therapy Reading: Chapter 9
March 10 <sup>th</sup>	Cognitive Behavior Therapy Reading: Chapter 10
March 17 <sup>th</sup>	<b>Quiz #2 (Ch. 6, 7, 9 &amp; 10)</b> Assignment #1 to be worked on in class (Due on March 24 <sup>th</sup> )
March 24 <sup>th</sup>	Family Systems Therapy Reading: Chapter 14
March 31 <sup>st</sup>	Postmodern Approaches Reading: Chapter 13
April 7 <sup>th</sup>	<b>Quiz #3 (Ch. 13 &amp; 14)</b> Assignment #2 to be worked on in class (Due on April 12 <sup>th</sup> )

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines can be reviewed on the [CAL exams page](#).

<https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

## EVALUATION OF LEARNING

---

DESCRIPTION	WEIGHTING
2 Short Assignments: There will be two exercises to be completed within class with the purpose of practicing the skills and applying ideas of the course. In a supportive and safe learning environment, students will have the opportunity to work in pairs and/or groups of three. The first assignment is worth 10% and the second assignment will be worth 15%.	25%
Group Presentation: In teams of 2 to 3 students, groups will have the opportunity to select a topic of interest in counselling to share with the class. Presentation details will be discussed in class and guidelines will be provided on the course site.	20%
Quizzes: There will be 3 quizzes corresponding to information from the class, readings, and student presentations. Each quiz will be worth 15%. Quizzes will be multiple choice, true or false, and short answer style questions.	45%
Participation: Participation will be evaluated based on class attendance and quality of meaningful contributions in class. The emphasis is on the quality, not the quantity, of students' contributions in class. Quality contributions may include offering thoughtful comments on issues and theory, asking questions that advance the discussion, and building on the comments of others. Students will also complete short reflections and written activities related to lecture material. Active participation in the classroom exercises and	10%

DESCRIPTION	WEIGHTING
<p>discussions fosters learning on both an experiential and cognitive level. This engagement enhances students' ability to apply their learning to personal and professional contexts. It is expected that students will participate actively and helpfully, with sensitivity to others, thereby contributing to a safe and supportive learning environment for all. Attendance is an important component of this course. If a student is absent, it is essential to contact the instructor promptly. Opportunities to complete missed work will be available within one week of the absence. Submissions after one week will be considered late and subject to a penalty of 10% per day.</p>	
<p>If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the <a href="#">Grade Review and Appeals</a> policy for more information.</p> <p><a href="https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf">https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf</a></p>	<p style="text-align: center;">T O T A L</p> <p style="text-align: center;">100%</p>

## COURSE GUIDELINES & EXPECTATIONS

---

Confidentiality: Because of the nature of this course, personal information shared in class and in assignments is to be held in the strictest confidence.

## STUDENT RESPONSIBILITY

---

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

---

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>

Support Service	Website
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

### Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>  
Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to

ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines: <https://camosun.ca/cal>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education).

To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone.

Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**Looking for other policies?**

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.