



**School of Arts & Science
PSYCHOLOGY DEPARTMENT
PSYC 256-001
Introduction to Counselling
Spring 2007**

COURSE OUTLINE

The Approved Course Description is available in the 2007-2008 Camosun Calendar.

1. Instructor Information

(a)	Instructor:	Marty Donatelli		
(b)	Office Hours:	½ hour before and after each class		
(c)	Location:	Office F106e		
(d)	Phone:	370-3374	Alternative Phone:	
(e)	Email:	donatellim@camosun.bc.ca		
(f)	Website:			

2. Intended Learning Outcomes

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

1. Demonstrate basic and advanced communication skills.
2. Conceptualize and evaluate counseling values, beliefs, attitudes and issues.
3. Conduct a structured interview within the context of a helping/counseling relationship.
4. Apply the Skilled Helper model in counselling or helping relationships.
5. Use self-awareness as an integral part of the helping process.

The outcomes will be measured by a combination of quizzes, examinations, assignments, and discussions.

3. Required Materials

Egan, Gerard. (2007). The Skilled Helper: A problem-management and opportunity-development approach to helping. 8th Edition. Belmont, CA: Thomson Brooks/Cole
Standard cassette audio tape

4. Course Content and Schedule

1 Introduction	
2 Establishing the Relationship	Ch 3 (Not p62-65)
3 Listening	Ch 4
4 Probing	p 122-133 (Ch 6)
5 Highlighting	Ch 5 + 133-135, 160-165
6 Challenging	Ch 7 and Ch 8
7 Managing Obstacles	Ch 9 + p62-65
8 Midterm & Course project	May 31st
9. Cognitive therapy	234-242, 259-261
10 Where they are at	Ch 10
11 Where they want to be	249-251 + Ch 12
12 How to get there	Ch 13
13 Making it happen	Ch 14
14 Catch-up Review	
15 Final exam	During final exam period June 25-27

Final project due: June 19th for peer review. 21st to instructor

Quizzes first 10 minutes of classes 3, 5, 7, 11, 13
The above is subject to change.

5. Basis of Student Assessment (Weighting)

(a)	Assignments	20% of final grade. In class and homework assignments.
(b)	Quizzes	20% of final grade. Short answer, fill-in-blank, multiple choice. First 10-15 minutes of Tuesday classes
(c)	Exams	1 midterm and 1 final. 20% each
(d)	Other	Course project: Personal helping style. 20% of final grade

Examinations: There will be 2 examinations in this course. They will be composed of short paragraph answer, fill in the blank, matching and multiple-choice questions. Each will be worth 20% of your final grade. There is no comprehensive final exam. Your last unit exam will be written during the final exam period. There are no make-up exams.

Assignments are due at the beginning of the class on assigned due dates. Late assignments are penalized 5% per day. **Note: No assignments will be accepted after June 26th**

6. Grading System

Percentage	Grade	Grade Point Equivalency
95-100	A+	9
90-94	A	8
85-89	A-	7
80-84	B+	6
75-79	B	5
70-74	B-	4
65-69	C+	3
60-64	C	2
50-59	D	1
0-49	F	0

Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at camosun.ca or information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College calendar, at Student Services or the College web site at camosun.ca.

STUDENT CONDUCT POLICY

There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services and on the College web site in the Policy Section.

Participation

Be prepared for novel activities in a protected and supportive atmosphere. Be prepared also to take considerable responsibility for your own learning. You will be talking personally about your life and listening to classmates do the same. Active participation in the classroom exercises and discussions allows you to learn on the experiential level as well as the cognitive level thus facilitating your ability to apply the learning to your personal and practical life. It is expected that you will participate actively, helpfully, with sensitivity and will contribute to the safe and supportive learning environment of yourself and others. Mere attendance is not enough in a course such as this one. Many of the skills need active practice.

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

COURSE PROJECT: PERSONAL HELPING STYLE

The purpose of this paper is to explore your personal helping style. You will examine where you began, the progress you've made, plans for continued improvement as well as provide an overall structure/outline of your personal approach to helping.

Not to exceed 8 pages. Typed double spaced.

1. Introduction. Why helping is important to you. What areas do you use it/plan on using it. Types of clients. etc.

2. Initial abilities. Review of your baseline tape. Strengths and weaknesses.

3. Using the skills

a. Feedback from others. In class activities.

Summarize, themes, include as appendix

b. Case/Example. Background on client(s), their problem, approaches/skills used, effectiveness (goals reached?) etc.

4. My helping strengths and areas to improve

a. Accomplished skills. Personal Resources (e.g. Creativity, humour, likeability, analytical ability, life experience, training, etc)

b. Areas to develop(goals), plan for development

5. My overall approach to helping

Philosophy; Personal, life, helping, human nature. Preferred skills. Wrinkle. Personal helping model.

Should link logically to preceding sections

It will be graded on grammar, organization, creativity, accuracy, the utility of your helping style, and use of the skills/ideas/models used in this course in your paper.

Your paper will be read by another student. They will give you feedback and you will use this information to make improvements. Then it will be handed into the instructor.

You will be required to read over and evaluate another student's paper. You will provide them with thoughtful suggestions for improvement.

Baseline tape: At the beginning of the second class you and a classmate will tape record a conversation. In it your partner will discuss a problem they are having and you will use your listening/helping skills. You will also be a client for another student in the class. When you discuss your problem jump to the heart of the matter quickly.

20% of final grade

Due June 19th