



CAMOSUN COLLEGE
School of Arts & Science
Department of Psychology

PSYC-256-DX17
Introduction to Counseling
Fall 2020

COURSE OUTLINE

The course description is available on the web @ <http://camosun.ca/learn/calendar/current/web/psyc.html>

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

Instructor	Arloene Burak, M.Sc., R.C.C.
Time	Monday: 1:30 – 2:50 Online Guest Link for Collaborate: https://ca.bbcollab.com/quest/1c8ea486d9ad414089793e6f3ca0a361
Location	Online
Office Hours	By appointment
Email	BurakA@camosun.bc.ca

Acknowledgement

Camosun College campuses are located on the traditional territories of the Lkwungen and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

2. Intended Learning Outcomes

(If any changes are made to this part, then the Approved Course Description must also be changed and sent through the approval process.)

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

1. Describe and demonstrate basic and advanced communication skills.
2. Outline and evaluate theories involving counseling values, beliefs, attitudes and issues.
3. Perform a structured interview within the context of a simulated helping/counselling exercise.
4. Apply a helping model to a simulated counseling exercise.
5. Describe how the actions and thoughts of the counselor can affect the helping process.

3. Required Materials

(a) Text: Egan, G. & Reese, R.J. (2019). The Skilled Helper: A Problem-Management & Opportunity-Development Approach to Helping (11th Ed.). Boston: Cengage. MindTap is not required.

(b) Other

4. Course Content and Schedule

(Can include: Class hours, Lab hours, Out of Class Requirements and/or Dates for quizzes, exams, lecture, labs, seminars, practicums, etc.)

This course provides an introduction to basic interpersonal helping skills in undergraduate psychology. Topics include nonverbal communication, active listening, empathy, self-appraisal, cross-cultural relationships, building a working alliance, and goal-setting.

PSCY 256 will begin September 14th and end December 7th. This course provides an examination of theory of foundational helping skills and an opportunity to implement the theory into practice. Students will explore material during online and posted PowerPoint lecture slides as well as practice specific skills in a series of structured exercises involving pairs and groups in a safe and supportive environment. **Confidentiality: Because of the nature of this course, personal information shared in class and in assignments is to be held in the strictest confidence.**

Course Website

The Psyc 256 Website will be accessible through the Camosun Desire2Learn (D2L) system. This site includes an online copy of the course outline, PowerPoint lecture slides, assignments, and other course information (<http://online.camosun.ca/>). To access the lectures, videos, and assignments, click on the **My Tools** tab drop down menu and then on **Content**. Each week of the semester covers a module including PPT lecture slides, Skills Handout, and the corresponding videos. There are online assignments that will be required throughout the semester as well as one final test. Reading the textbook is essential.

5. Basis of Student Assessment (Weighting)

(Should be directly linked to learning outcomes.)

Short Assignments (5 Assignments at 10% each)	50%
Group Presentation	25%
Self Care Project	5%
Test	15%
Participation	<u>5%</u>
	100%

Short Assignments (10% each for a total of 50%):

There will be exercises to be completed within class with the purpose of practicing the skills and applying ideas of the course. In a supportive and protected atmosphere, students will have the opportunity to work in pairs and/or groups of three. These exercises will form the basis of a short assignment to be submitted online by the following week. It is important that students have read the assigned chapters and skills handouts before class and feel prepared to practice new skills in a safe learning environment. **All assignments will be due on the last day of class.**

Group Presentation (25% of course grade):

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.

Self-Care Project (5%)

To emphasize the importance of managing one's own health and wellness in the helping profession, students will have the opportunity to choose from several options devoted to self-care. Options for the self-care project will be posted on D2L.

Test (15%)

There will be one final test on the last day of class. This test will be cumulative with short answer style questions. The test will be based on information from the class, readings, and student presentations.

Participation (5% of course grade):

Participation will be evaluated based on class attendance and quality of meaningful contributions in class. The quality, not quantity, of students' contributions is essential for participation. Quality contributions might look like offering thoughtful comments on issues and theory, asking questions that move the discussion forwards, as well as building on the comments of others. Active participation in the classroom exercises and discussions allows for learning on an experiential level as well as a cognitive level, thus facilitating the ability to apply learning in ones' personal and professional life. It is expected that students will participate actively, helpfully, with sensitivity, and will contribute to the safe and supportive learning environment of oneself and others. Students are expected to attend at least 80% of the class to receive full marks.

6. Grading System

(If any changes are made to this part, then the Approved Course description must also be changed and sent through the approval process.)

(Mark with "X" in box below to show appropriate approved grading system – see last page of this template.)

Standard Grading System (GPA)

Competency Based Grading System

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

8. College Supports, Services and Policies



Immediate, Urgent, or Emergency Support

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts @

<http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

College Policies

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

A. GRADING SYSTEMS <http://camosun.ca/about/policies/index.html>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

B. 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 <http://camosun.ca/about/policies/index.html> for 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.

PSYCH 256x17 – TIMETABLE – Fall 2020

September 14th	Introduction to course
September 21st	Skill #1: Nonverbal Observation and Communication Reading: Chapter 1 & 2
September 28th	Skill #2: Attentive Listening Reading: Chapter 4
October 5th	Skill #3: Questions and Cultural Sensitivity Reading: Chapter 3 <i>Self Care Project Due</i>
October 12th	No Class: Thanksgiving
October 19th	Skill #4: Empathy and Reflecting Content Reading: Chapter 5
October 26th	Skill #5: Empathy and Reflecting Feelings Reading: Chapter 6
November 2nd	Skill #6: Self-Appraisal and Mindfulness Reading: Chapter 7 <i>Assignment #1 to be worked on in class.</i>
November 9th	Skill #7: Self-Appraisal and Understanding Transference/Countertransference Reading: Chapter 8 <i>Assignment #2 to be worked on in class.</i>
November 16th	Skill # 8: Building a Working Alliance and Cross-Cultural Relationship Reading: Chapter 9 <i>Assignment #3 to be worked on in class.</i>
November 23rd	Skill #9: Goal-Setting and Brainstorming Reading: Chapter 10 <i>Assignment #4 to be worked on in class.</i>
November 30th	Skill #10: Motivational Interviewing Reading: Chapter 11 <i>Assignment #5 to be worked on in class.</i>
December 7th	Final Test: All assignments are due.

****Note: This schedule is tentative and any changes will be discussed in class.**