

# Psychology 120/ Alcohol & Drug Studies 120

## Introduction to Counseling

### FALL 2013

**Professor:** Robin Staton

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**Office Hours:** MW-8:30-10:00; T&Th- 1:00-1:30; & Appointments by Request

**Course Description:** A study of the theory, process, and practice of interviewing and counseling in community mental health and other community service agencies. The course is designed to assist the student to gain knowledge and develop skills in order to help a client or interviewee in counseling situations. Theories of counseling and basic counseling skills will be presented, demonstrated and practiced.

**Student Learning Outcome:** The student will be able to demonstrate advanced active listening.. Student will be able to demonstrate open body language. Student will able to demonstrate skills to assess for suicide and substance abuse.

**Textbook:**

**Required:** Corey. Theory and Practice of Counseling and Psychotherapy, 8<sup>th</sup> ed., 2009

**Required:** Phelps, L.L. & California Association for Drug Educators. (2011). Intervention, Treatment and Recovery A Practical guide to the TAP 21 addiction counseling competencies (Preliminary AP ed.)

( Optional: -Kulewicz. The Twelve Core Functions of a Counselor, 5th ed., 2004)

**Grades** will be calculated by the following criteria:

- 20 Pts. Class participation
- 10 Pts. Journal
- 10 Pts. Group presentations
- 30 Pts. Quizzes
- 30Pts. Final (written & oral exam)

**A=90-100; B=80-89; C=70-79; D=60-69; F= below 60**

**Conduct:** All persons must respect other student's rights and conduct themselves in an appropriate manor. Since much of psychology includes personal information use of tape recorders must be approved by the instructor.

**Attendance:** Students are expected to attend each class lecture as scheduled and remain present for the duration of the classroom session. Attendance is crucial and highly recommended, as it counts for 20% toward your final grade. Students missing more than 3 hours worth of class may be dropped. Any student arriving late more than 3 times will be marked with one absence. Allowances of absence may be made by the instructor on a "case-by-case" basis for special circumstances (i.e.: medical necessity, family/personal tragedy). Should a student be absent from a test, proper notification to the instructor need be made via phone and email. Instructor must be contacted prior to missing an exam except in a documented emergency situation. It is the responsibility of the individual student to obtain class materials, handouts, and/or notes given during their absence. It is the responsibility of the individual student to complete and submit the required administrative forms for withdrawing from this course. No one is allowed to leave the room during tests (bathroom and cigarette breaks are prohibited while testing).

**Classroom Disturbances:**

Please turn off mechanical devices including cell phones, pagers and iPods before coming to lecture. ***Students who do not comply will be asked to leave. This classroom is a GADGET FREE ZONE.***

**DSP&S Statement:**

Any student with a documented disability who may need educational accommodation should notify the instructor or the Disabled Student Program Services (DSP&S) office at the Mel Wendrick Access Center as soon as possible.

Mel Wendrick Access Center  
DSP&S Room 2117  
Health Sciences Building  
(760) 355-6312

**Cheating Policy:**

Students caught cheating or attempting to cheat on quizzes or exams will be given a zero for that exam or quiz. The student may also be referred to the Associate Dean for Student Affairs for possible further discipline. Cheating includes but is not limited to looking at another student's papers, speaking out answers or questions, the use of open books or notes, use of cell phones, finger spelling in sign language or by notes written on the skin. Hats may not be worn during quizzes or tests. Do not use iPods or such music-providing devices during lecture or tests. **Plagiarism will not be tolerated.**

# Class Schedule

This is the planned schedule for the semester :

- Wk 1- Introduction
- Wk 2- Probing Questions; Body Language: Active Listening
- Wk 3- Active Listening, Advanced Active Listening; Values: Chap 1
- Wk 4- Chap 2 & 3 Advanced Active Listening
- Wk 5- Suicide Prevention, Confidentiality Assignment due, Chap 7
- Wk 6- Quiz 1; Practice Suicide Prevention Practice, Presentation Groups
- Wk 7- Drug Alcohol Counseling, Information, Resources
- Wk 8- Core Functions of Counselor, Intake and Referral practice
- Wk 9- Quiz; Theory Presentation Group Work; Gestalt Demonstration
- Wk 10- Fact Sheet Due; Cognitive Behavioral Therapy; Chap 10
- Wk 11- CBT Demonstration and Practice
- Wk 12- Theory Group Presentations
- Wk 13- Theory Group Presentations; Theory Presentation Quiz
- Wk 14- Burn Out; Self Care; Review for Final; Oral Final
- Wk 15- Continued Oral Finals
- Wk16- - Written Final