

“In order really to listen, there must be a capacity to hear through many wrappings, and only a mature listener, listening beyond the outer layers of the words that are spoken, is capable of this.” Douglas Steere

Introduction to Professional Counseling CPSY 503
Department of Counseling Psychology
Graduate School of Education and Counseling
Lewis and Clark College
Spring 2008

January 8th - February 12th 2008
(January 21st HOLIDAY)
Monday 5:30-8:30 Miller 205

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Office Hours Tuesday 3:30 to 5:30
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Catalogue Description: CPSY 503 Introduction to Professional Counseling

Basic theoretical assumptions of the counseling profession, with an overview of its historical roots, social, cultural contexts, types of practice, ethical principles, and professional orientation.

Ethical Guidelines:

Students will obtain and bring a current copy of the ACA or AMFT Ethical Guidelines to class.

Learning Objectives: Guided by the CACREP standards of learning about professional identity. This class will provide an understanding of:

- ❖ History and philosophy of the counseling profession
- ❖ Professional roles, functions, and relationships with other human service providers
- ❖ Professional organizations like ACA, divisions, functions, and services to members
- ❖ Professional credentialing, certification, licensure, accreditation practices, professional organizations, journals and effects on public policy
- ❖ The role of professional counselor in advocating on behalf of the profession
- ❖ Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- ❖ Ethical standards of ACA and related entities, and applications of ethical and legal considerations in professional counseling
- ❖ The current modes and settings of the counseling practice
- ❖ How to be conversant about philosophical, ethical, and political issues regarding the role of counselors in various settings through both discussion and writing

- ❖ Researching information about counseling which includes the use of technological competence and computer literacy

Class Assignments:

1. Write a three to four page position paper describing your interest in the counseling profession. Include dynamics of your personal worldview that has informed your decision to become a professional Counselor or Marriage, Couples and Family Therapist. Your world view includes but is not limited to the following elements: *physical ability, culture, race/ethnicity, social and political processes, socioeconomic status, exile/migration, religious and spiritual beliefs, language, education, gender, sexual orientation and age*. In the conclusion include some objectives you have for your studies during graduate school. This paper is not formatted in particular style except to use a 12 font 1 & ½ line space. Please include references if you choose to cite particular authors.
2. One quiz on the history of the counseling profession. This will be based on a chapter reading and given during class time. A historical timeline will be developed integrating social and political influences on the development of the counseling profession.
3. Lead/participate in class discussions of readings.
4. Library research:
Go online to the library and find five current articles (2000 and later) that are related to your academic and counseling interests. Hand in the names/authors/date of these articles as well as four to five sentences about each article.
5. Create a 10 minute power point exploring your particular area of interest in the counseling field. Provide some developmental background; theoretical support and current practice. Cite at least five references. Include at least one dynamic of social justice that impacts your area of interest; include some facts related to your advocacy.

Late Assignments:

Assignments are due at the beginning of class (otherwise considered a day late). **10 point deduction for a late assignment per day.**

Grading:

Professional Interest Paper=40 pts

Quiz on History=20

Lead/participation in class discussions 10 points each week=50 pts

Library assignment=40 pts

Power Point=50

A 200-180 B 179-160 C 159-140 below 140 failure of class

Confidentiality

Students are expected to read and abide by the ACA, AMFT, APA or NBCC guidelines. Failure to follow guidelines can be cause to fail the class.

Internet portrayal of class events, shared personal stories and classmate interactions are prohibited.

Discretion is to be employed when discussing class events with others outside the classroom.

Attendance:

Notification of absence required. Any absence requires make-up assignment. More than 1 hour of absence is possible failure to complete the class and is at the discretion of the professor.

No absences allowed on the final class night.

Laptops and Cell Phones:

Due the experiential nature of the class laptops may be used only when designated by the instructor. Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may exit the class to use your cell. Laptops and cell phones may of course be used on breaks. Please come prepared to take hand written notes. If a disability requires the use of a laptop please let the instructor know at the beginning of the semester.

Please notify instructor at the beginning of the semester of any special learning conditions that need to be addressed as covered by the American Disabilities Act.

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January 7th Week One

- ❖ Professional Orientation Overview
- ❖ Strategies for Success in Graduate School
- ❖ The role of professional counselor in advocating on behalf of the profession
- ❖ Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- ❖ Activities:
 - Introductions
 - Syllabus Review
 - Advisors
 - Portfolios
 - Reading and Discussion

January 14th Week Two

Assignment Due: Professional Interest Paper, Bring Ethical Guidelines to class Read assigned articles on history and professional settings.

- ❖ History and philosophy of the counseling profession
- ❖ Ethical standards of ACA and related entities, and applications of ethical and legal considerations in professional counseling
- ❖ The current modes and settings of the counseling practice
- ❖ Professional roles, functions, and relationships with other human service providers
- ❖ Activities:
 - History Quiz
 - Ethical guidelines
 - Discuss readings

*****NO MEETING JANUARY 21ST MARTIN LUTHER KING DAY*****

January 28th Week Three

Assignment Due: read assigned articles

- ❖ Professional organizations like ACA, divisions, functions, and services
- ❖ Library Information-Guest Speaker
- ❖ Researching information about counseling which includes the use of technological competence and computer literacy
- ❖ SUN & Intern level students
- ❖ **Activities**
 - Library Info
 - Criminal Background Checks
 - Grad Students visit
 - Discuss readings

February 4th Week Four

Assignment Due: Resource Reviews, read articles

- ❖ How to be conversant about philosophical, ethical, and political issues regarding the role of counselors in various settings through both discussion and writing
- ❖ Professional credentialing, certification, licensure, accreditation practices, professional organizations, journals and effects on public policy
- ❖ Parity Bill in Oregon Legislature
- ❖ Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- ❖ Activities
 - Present Articles
 - Discuss Readings
 - Parity Bill
 - Discuss self-care

February 11th Week Five

Assignment Due: Power Point Presentations

- ❖ Researching information about counseling which includes the use of technological competence and computer literacy
- ❖ How to be conversant about philosophical, ethical, and political issues regarding the role of counselors in various settings through both discussion and writing
- ❖ Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- ❖ Activities
 - Power Points
 - Class Evaluations of Power Points
 - Instructor Evaluations