

Lewis and Clark College
Graduate School of Education and Counseling
Department of Counseling Psychology

Introduction to Professional Counseling

CPSY 503

Amy M Rees-Turyn, Ph.D.

503-768-6060

arees@lclark.edu

Office Hours:

Monday 1-3

Tuesday 3-4

Wednesday 4:30 – 5:30

Course Reading

1) Text:

Patrick, P.K.S. (2007). Contemporary Issues in Counseling. Boston: Pearson.

2) Moodle: Other readings are available on Moodle, the Lewis & Clark online course program. Log on to moodle.lclark.edu (note there is no www.), sign in using your L & C login (same as email). Use course enrollment code: Counseling (case sensitive). If you have ANY trouble with Moodle, contact the Helpdesk at 503-768-7225, consult@lclark.edu or Damian Miller at dpm@lclark.edu or 503 – 768-6195.

3) Ethical Guidelines:

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

Catalog Description:

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.

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/Grading:

1. Attendance and participation: You **MUST** attend **AND PARTICIPATE** in all five classes. If an emergency requires that you miss a class or any portion of a class, make up work will be required. The exact content of this makeup assignment will be determined by the instructor.

Be prepared, after all assigned chapter readings (see schedule below) to bring 2 questions related to each reading written on a 3x5 card. Be prepared to be randomly selected for leading a small group discussion surrounding the chapters and the questions submitted (**due September 15, Sept 22, Sept 29**)

Attendance and Participation: 25 points per class/ 125 total

2. Paper - Two parts

Section 1: Describe your interest in the counseling profession and include elements of how this has been informed by your gender and race as well as your cultural, political, philosophical, religious and social contexts. This should also include a description of your personal educational and professional goals. Please do not use your personal statement from your application to the program. This paper should focus on a self-analysis of the impact of your individual, cultural, and social context factors that have influenced you and your decision to become a counselor. Suggested length: 3-4 pages.

. Section 2: Based on your experiences in your first few weeks in the program, write a self-reflection section that contains thoughtful consideration about your experiences, thoughts, and feelings about entering the profession of counseling, your expectations, surprises, insights, and disappointments. I'm looking for you to express an integrative focus to your views about all of your graduate school experiences so far. Suggested length 1-2 pages. (**Due September 29**)

Paper: Part 1 - 50 points, part 2 - 25 points = 75 points total

3. Class work creating a history of counseling timeline (during class on September 22).

Timeline: 25 points

4. Final Assignment: Groups comprised of four to five students each will prepare a 20-30 minute power point presentation on a counseling topic determined during the first or second class period. Topics will be generated from student interest. Students must use professional databases and books for information in the presentation. Include information on one appropriate "good" website, and one inappropriate "bad" website using materials provided in class for website evaluation. For a 30 minute presentation this would be around 20 slides. Each group member must equally present part of the power point (**due October 6**).

Presentation: 50 points

Grading Summary

Attendance/Participation	125
Paper	75

Timeline	25
<u>Presentation</u>	<u>50</u>
	275

Grading scale:

90-100% A

80-89% B

Below 80%: As graduate students, you are expected to do the work as assigned and described. If you are unable to complete the work at an acceptable level of performance you will be asked to complete the work again or to complete alternative tasks.

Schedule –As a group who has come together to learn and share we are unique from any other class. The schedule may change to accommodate our particular class needs.

Tentative Course Schedule

September 8

Topics

Syllabus & Class overview

Portfolios & Advisors

Introductions

Library Reference Librarian – Stephanie Debner

Being a Graduate student

Becoming and Being a professional counselor

Class Plan

Lecture: Professions, professional associations, the effective helper

Practice settings and specialties

Program Overview – Your preparation

Reading:

Moodle: The Counselors Identity: What, Who, and How? Neukrug, E (2007)

Text: Chapter 1, Social Forces and Counseling: Impact on Practice and Preparation

September 15

Topics: Context of counseling practice – economic and political influences

Diversity

Art and Science of Counseling: Theory to Practice and Worldview

DUE: Questions based on readings

Class Plan: TBA

Reading:

Text: Chapter 2, Economic and Political Issues

Chapter 3, Diversity and Multiculturalism: Issues in Contemporary Counseling

Chapter 4, Research and Counseling Practice

September 22

Topics: History of the profession
Advocacy

DUE: Questions based on readings

Class Plan: History Timeline Activity
Advocacy discussion

Reading

Moodle: A History of the counseling Profession. Neukrug, E. (2007)

Text: Chapter 7, Counselors as Advocates for Practice and the Profession

September 29

Topics: Ethics
Self-Care
Other: _____(based on needs/desires of the class)

DUE: Questions based on readings

Bring copy of ACA ethical guidelines

Class Plan: TBA

Reading

Text: Chapter 6, Ethical Challenges to Counseling Practice

Chapter 8, Stress-Induced Challenges to the Counselor Role: Burnout, Compassion
Fatigue, and vicarious Traumatization

Moodle: Standards in the Profession: Ethics, Accreditation, and Credentialing. Neukrug, E (2007)

October 6

DUE: Group Presentations