

Department of Counseling Psychology Lewis and Clark College Graduate School

Counseling Couples CPSY 590-01 Fall Semester 2018

Fridays 9:00-2:30 October 12 October 19 October 26 2018

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Class Description: This class includes an overview of some basic theoretical foundations of Couples Counseling. The focus of learning will be derived from the application of skills and techniques utilized in counseling interventions with couples. Learning will be experienced and demonstrated through lecture, readings, role play and group presentations. Current Research articles will be presented in dyads to the whole class for expanded knowledge of intimate and couples counseling dynamics.

Credits: 1 semester hour.

Books Required Reading:

Stepping Into Emotionally Focused Couple Therapy: Key Ingredients of Change 2018

Lorrie Brubacher M.Ed. LMFT RMFT

Essential Goals

- Articulation and define couples counseling as a unique theoretical and practiced model of counseling
- “Emotionally Focused Couples Therapy” as a foundation for understanding and practicing couple’s work
- A recognition of the “Common Factors” in couple’s therapy
- To experience the practice of couples counseling through role plays within the classroom setting
- To build awareness of a personal worldview including race, power and privilege and to create a foundation of accountability when considering the impact of treatment with clients.
- To review and examine current research on counseling couples
- To develop increased awareness of self as an essential component in effective therapeutic interactions along with active engagement in an intentional ongoing self-care practice.

Classroom and Professional Values

Emphasis will be placed on developing an empathetic and therapeutic relationship within the counseling context. Ethical principles, self-awareness, personal counseling style and honoring of diversity will be examined through readings, class discussions, reflective assignments, as well as various classroom activities. Recognition of positions of power and privilege, as well as ethical considerations of marginalization and discrimination in counseling interactions will be explored. The class will be developed as a community of collaborative learners where each will be an active in agent in their own learning experiences. Students will participate in generating a classroom environment where students support each other in a respectful, productive and resourceful manner as might be paralleled in the world of work.

Confidentiality and Ethical Guidelines

It is expected that students will follow the ethical guidelines as defined by the American Counselors Associations. Guidelines, parameters and boundaries are implemented into assignments and class discussions and it is expected that anything presented by students during class presentations, assignments and discussions will remain absolutely confidential. Failure to follow these guidelines may result in failure of the class.

Role Plays

There is a recognition that counseling class material and especially role plays might be impactful, emotional or possibly overwhelming for students. Please find ways to self-regulate and implement self-care both within and outside of class time. Please let me know in advance if there are impactful elements of your current life that I should be aware of in support of your participation. Know that exiting the classroom maybe one strategy in a time of extreme duress but will require general feedback to the instructor of your experience.

Evaluation of Professional Qualities

Each student will be evaluated in the demonstration of self-awareness, empathetic presence, ethical considerations, effectiveness of oral and written communication, and openness to feedback. This includes the expectation for completion of all assignments as well as a respectful and earnest attitude towards classmates, instructor and future clients. Judgments about what constitutes satisfactory performance will be made by the class instructor which if not satisfactory might result in an incomplete or failure of the class. If there are concerns about a student's work a meeting with the instructor will be schedule to discuss the dynamics and potential outcomes during the course of the semester.

Assignments

Collaborative class discussions and writing assignments in class	pts	20
Readings with selected quotes of interest *	pts	30
Chapters 1-5 due October 19th		
Chapters 6-9 due October 26th		
Concept map of EFT theory (in class)	pts	10
Demonstration of acquired learnings through role plays***	pts	20
Research Article Presentation and handout * Due last class	pts	20

Grading 100- 90= A 89-80 =B 79-70=C below a C (69) failure of class.

*For each Chapter of assigned reading record 3 quotes of interest and supply some reflection and insight about what it means to you.

*Each student will create a role play concept- members- context- presenting concerns with their group of 4 members. They will share with their group members. Each student will have a chance to be the clinician in a role play and demonstrate a

section of a session using some basic attending skills (paraphrasing, reflecting feeling and meaning including some circular questions.) Students will identify with their team what is their thinking about clients and where to be or go with them.

*Dyads will select from a list of research articles one to review and write up a one page summary. A ten minute presentation will be given to the whole class and the one page summary made available for each student.

Classroom Policies

Missing Assignments: Students are expected to do all assignments; any assignments not completed may result in a class incomplete or class failure. Missing class is loss of points earned in the missed class, make-up points may be earned through make-up assignment.

Late Assignments: 2 point deduction for a late assignment per day.

Attendance

Absences: Missing more than 10% of class time (**1.5 hour for a 15 hour class**, a graduate school policy) may result in **failure to complete class or may have financial consequences.**

Please notify instructor. Missing any class time results in an additional class assignment at the discretion of the instructor.

Make-up Assignment for missing any class: Please write a 2-3 page “interest” paper on a topic related to couples counseling. Please use at least 3 references. This is due the final day of class and can be sent by email.

Incompletion of Class Assignments: Incompletes will be determined before the final class, including what is expected and the timeframe for completion.

Laptops and Cell Phones: Laptops maybe used to write notes as needed in class. Laptops may not be used during the experiential activities including classmate presentations unless designated by professor. Please come prepared to take hand written notes during these times. **Using computers or cellphones for non-classroom activities during classroom time unless directed by Professor will result in 5 pt. penalty. Cell phones must be silenced (if necessary vibrate ok) and text messaging is not allowed during class time unless emergency. If there is an emergency you may exit the class to use your cell.** Laptops and cells phones may of course be used on breaks. If alternate learning needs require the use of a laptop please let the instructor know at the beginning of the semester.

Please notify instructor of any special learning considerations that need to be taken into considerations as covered by the American Disabilities Act.

“Too often we map our client’s prison, but not their escape.”