



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

COURSE: PSY 3140: INTRODUCTION TO COUNSELING

LECTURER: DR. JOSEPHINE NDANU

CREDIT: 3 UNITS

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COURSE DESCRIPTION:

This course is an introduction to the counseling profession which operates in a variety of settings. Counseling theories and related techniques will be explored. A comparison and contrast of differing approaches will be done. Attention will be paid to basic issues such as change, human relationships, communication, and values and ethics in the change process.

LINK TO UNIVERSITY MISSION OUTCOMES & TO PROGRAM LEARNING OUTCOMES

1. Demonstrate effective communication and interpersonal skills in a variety of settings.
2. Evaluate evidence, tolerate ambiguity and act ethically.
3. Apply effective strategies for self-management and self-employment.

EXPECTED COURSE LEARNING OUTCOMES

1. Explain the view of personality in each counseling theory.
2. Describe the importance of effective communication in human interaction.
3. Put into practice the principles and skills learned in this course.
4. Analyze the different values that influence human interactions.
5. Appreciate the influence of culture and remain sensitive to the unique differences among people.
6. Differentiate between the various approaches in counseling.

COURSE CONTENT

Week 1

- a. Learning outcome: 2, 6
- b. Topic/subtopic: Introductions, course learning objectives, course overview
 - ✓ Definition of counseling
 - ✓ Historical development of counseling
 - ✓ Diversity of counseling, theory and practice
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 2

- a. Learning outcome: 1,2,4,6
- b. Topic/subtopic: The counselor as a therapeutic person
 - ✓ Personal characteristics of an effective counselor
 - ✓ Importance of personal therapy for the counselor

- ✓ The counselor's values and the therapeutic process
- ✓ Becoming an effective multicultural counselor
- ✓ Staying alive as a person and as a professional
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 3

- a. Learning outcome:1,2,4,5,6
- b. Topic/subtopic: Ethical issues in counseling practice
 - ✓ Introduction
 - ✓ Putting clients' needs before your own
 - ✓ Ethical decision making
 - ✓ The right of informed consent
 - ✓ Dimensions of confidentiality
 - ✓ Ethical issues in a multicultural perspective
 - ✓ Ethical issues in the assessment process
 - ✓ Dual relationships in counseling practice
 - ✓ Principles of ethical decision making
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 4

- a. Learning outcome: 3,5
- b. Topic/subtopic: Counseling skills practice: Counseling in dyads
 - ✓ In dyads practice- demonstration
 - a) Listening skills- attending
 - b) Rephrasing
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.

- d. Assignment/quiz/test: **Assignment 1**: *Write an essay entitled Who am I? Include what you like about yourself and what you do not like. What is the most important thing in your life? Why did you choose to study counseling? Share things about yourself that you have never shared with anyone else. (Minimum length of paper- 5 pages).*

Week 5

- a. Learning outcome: 1,2,4,6
- b. Topic/subtopic: Psychoanalytic Therapy
- ✓ Introduction
 - ✓ Key concepts
 - ✓ The therapeutic process
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 6

- a. Learning outcome: 1,2,4,6
- b. Topic/subtopic: Psychoanalytic Therapy
- ✓ Application: Therapeutic techniques and procedures
 - ✓ Psychoanalytic therapy from a multicultural perspective
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 7 MID TERM

EXAM

Assignment 1 Due

Week 8

- a. Learning outcome: 3,5
- b. Topic/subtopic: Counseling skills practice
- ✓ In dyads practice- demonstration
 - a) Listening skills- attending
 - b) Rephrasing

- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test: **Assignment 2**: *Make a 15- minute tape of a counseling session. Then transcribe it.*

Week 9

- a. Learning outcome: 1,2,4,6
- b. Topic/subtopic: Person Centred Therapy
 - ✓ Introduction
 - ✓ Key Concepts- View of human nature (Basic characteristics)
 - ✓ The therapeutic process
 - ✓ Application: Therapeutic techniques and procedures
 - ✓ Person-Centered therapy from a multicultural perspective
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 10

- a. Learning outcome:3,5
- b. Topic/subtopic: Group work/Role playing
 - Watch video of a counseling session (**The Gloria tape**).
 - ✓ Interpersonal recall process
 - In triads, speaker, listener and recaller:
 - 1) Speaker shares problem for 15 minutes
 - 2) Recaller gives feedback for 10minutes
 - 3) Interchange the roles until each person plays all the roles.
 - ✓ Get feedback in plenary
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 11

- a. Learning outcome: 1,2,4,5,6
- b. Topic/subtopic: Cognitive Behavior therapy

- ✓ Introduction
- ✓ Development of CBT
- ✓ Key concepts
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 12

- a. Learning outcome: 1,2,4,5,6
- b. Topic/subtopic: Cognitive Behavior therapy
 - ✓ The therapeutic process
 - ✓ Application: Therapeutic techniques and procedures
- c. Readings: Course text- Corey (2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 13

- a. Learning outcome: 1,2,4,5,6
- b. Topic/subtopic: Family therapy
 - ✓ Introduction
 - ✓ Key concepts
 - ✓ Therapy goals
 - ✓ Therapist's function and role
 - ✓ Techniques
- c. Readings: Course text- Corey (/2013/2005) as well as any other supplementary texts.
- d. Assignment/quiz/test:

Week 14 Final

Examinations

Assignment 2 Due

TEACHING APPROACHES

A participatory approach will be applied throughout the semester. Students will be expected to actively contribute to the discussions, role plays, case analysis and any other activity going on during the sessions.

COURSE TEXTS

1. Corey, G. (2013/2005). Theory and practice of counseling and psychotherapy (8th ed.), California: Brooks/Cole
2. Hill, E.C. (2004). Helping skills: Facilitating, Exploration, insight, and Action. Washington, DC: American Psychological association.
3. Nelson- Jones, R. (2005). Practical Counseling and Helping skills. London: SAGE Publication.

Recommended:

Corey, G., & Corey, M. (2010). Becoming a helper. New York: Cengage learning.

COURSE EVALUATION

Class Attendance	5 points
Participation	5 points
Assignment 1	10 points
Assignment 2	15 points
Group participation/demonstrations	15 points
Mid-semester Examination	20 points
Final Examination	30 points
TOTAL	100 points

GRADING

90	-	100	A	74	-	76	C+
87	-	89	A-	70	-	73	C
84	-	86	B+	67	-	69	C-
80	-	83	B	64	-	66	D+
77	-	79	B-	62	-	63	D
				60	-	61	D-
				0	-	59	F