MHS 5400 - Course Syllabus

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Credits</th>
<th>Clock Hours Per Week</th>
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<tbody>
<tr>
<td>MHS 5400</td>
<td>Theories and Techniques of Counseling</td>
<td>3</td>
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**Department:** Educational Leadership and Human Services  
**Prerequisites:** Graduate Status


**Faculty Name:** B. Lee Hudson, Ph.D.  
**Term and Year:** Spring 2008

**Telephone:** 850.322.5383  
**E-mail:** BLeeh2k6@yahoo.com

**Faculty Availability:** Due to the fact that I am an Adjunct Faculty member, formal office hours are not available. As such, additional contact outside of class must be arranged in advance. Typically questions and assistance can be managed via e-mail correspondence or a telephone call. E-mail will be checked at least every other day. You may contact me by calling the above telephone number during evening (7 p.m. – 10 p.m.) or weekend hours. If an outside of class face-to-face meeting is necessary, it can be arranged after initial e-mail and/or telephone correspondence.

**Course Description**

This course is designed to study the major theories and techniques of counseling. Psychoanalytic, cognitive/behavioral, existential/humanistic, multicultural, family, and feminist and postmodern theories will be discussed. In particular, special emphasis on analyzing concepts, practices, applications, and issues involved in the helping relationships will be covered. Also, students will become exemplary professionals in the areas of multiculturalism, technology, values, problem solving, professionalism, and urban education. Peruse our Conceptual Framework on the next page.

**Overall Course Goals**

Graduate students will approach client’s development and problems from a cognitive, affective, and behavioral perspective. In addition, students will develop an eclectic approach to counseling.
Specific Behavioral Objectives

The counselor will be expected to demonstrate these behavioral objectives:

1. Use cognitive counseling techniques with children, adolescents, and adults.
2. Use behavioral counseling techniques with children, adolescents, and adults.
3. Use affective counseling techniques with children, adolescents, and adults.
4. Use integrative (cognitive, behavioral, and affective) counseling techniques with children, adolescents, and adults.
5. Use eclectic techniques to analyze the clients past, present, and future.
6. Help counselors and clients solve their own interpersonal and intrapersonal problems.
7. Develop, comprehend, and implement treatment plans in counseling.
Concepts, Principles, and People Discussed in the Course

1. Ethical Issues in Counseling (Corey)
2. Psychoanalysis (Freud, Erikson, and Jung)
3. Social Interest (Adler)
4. Umwelt, Mitwelt, and Eigenwelt (Frankl)
5. Formative and Actualizing Tendency (Rogers)
6. Unfinished Business (Perls)
7. Control Theory (Glasser)
8. Behavior Therapy (Lazarus)
9. Family Therapy (Bowen, Minuchin, Satir)

Course Requirements

Assignments have been coded to specific competencies and skills (CACREP = Council for Accreditation of Counseling and Related Educational Program, FDEC = Florida Department of Education Competencies, and AC = Accomplished Competencies for Teachers of the Twenty-First Century.

Students are expected to satisfactorily complete the following assignments below:

1. **Class Participation:** Students must attend class and participate in group interaction activities,
   
   **CACREP:** Section IIK, 2b, 5b, 6a  
   **FDEC:** 1.5, 1.6  
   **AC:** 1,2,3,4,5,7,9,10,12

2. **Term Project:** Students must write an autobiography using theories discussed in class to analyze their growth and development.
   
   **CACREP:** Section IIK, 3a, b, 3c  
   **FDEC:** 1.2,1.3  
   **AC:** 1,2,3,4,9,10,11

3. **Review five articles from Refereed Journals.** The one page summary is a two-step process. Paragraph one is a summary of the article. The second paragraph is an analysis of the article.
   
   **CACREP:** Section IIK, 3c, 8a  
   **FDEC:** 1.1, 1.7  
   **AC:** 3,4,7,8,9,10

4. **Midterm examination:** Students will complete a midterm examination. The exam will consist of objective, true/false, and essay questions.

5. **Final examination:** Students will complete a final examination that will cover all material after the
midterm exam. Questions will be taken from the textbook, class lecture, and assigned readings.

Administrative Course Requirements

1) Written Assignments must be typed and free of spelling and grammatical errors. Also, all assignments must be double-spaced.

2) Assignments must be submitted on time. Late assignments will be penalized.

3) Students are expected to adhere to the University’s attendance requirements. Class will begin and end on time each week. Once you are in class, remain in class.

4) Students must not bring food, drink, or children to class.

5) Beepers and cell phones must be turned off while students are in class.

6) A grade of “incomplete” will be given only when there are extenuating circumstances. Students who are failing the class may not opt for a grade of “Incomplete.”

7) Students who are late to or absent from class are responsible for obtaining notes, handouts, and assignments from their peers.

Methods of Evaluation

1. Class Participation 20%
   Class Demonstrations of each therapeutic modality will be presented over the course of the semester. These will be discussed in class prior to the formal assignment and will be an ongoing project for all students. The demonstration will constitute ½ of your Class Participation grade.

2. Term Project 30%
   You are to write your autobiography. Start by graphically depicting your life. The vertical side of your graph must include this scale: Negative events (1-3), Neutral events (4-6), Positive events (7-9). Rate events in your life according to this scale. On the horizontal side of your graph, write your life span. Start with birth and progress to your present age, citing significant life events. This graphic representation of your life is to precede your 12-15 page autobiography. You must use counseling theories to analyze your life. In particular, you must have a title page, a numbered table of contents, and a bibliography.

3. Review five articles (one page review) 10%
   Summarize article in first paragraph, critique article in second paragraph

4. Midterm 15%

5. Final Examination 25%

6. Total 100%
## Grading Scale

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A</td>
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<tr>
<td>89-85</td>
<td>B</td>
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<tr>
<td>84-76</td>
<td>C</td>
</tr>
<tr>
<td>75-66</td>
<td>D</td>
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<td>&lt; 66</td>
<td>F</td>
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Incomplete: I

## Course Calendar, Spring 2008

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapters</th>
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<tbody>
<tr>
<td>January 10</td>
<td>Overview/ Introduction</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>January 17</td>
<td>The Counselor: Person and Professional</td>
<td>Chapter 2</td>
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<tr>
<td>January 24</td>
<td>Ethical Issues in Counseling Practice</td>
<td>Chapter 3</td>
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<tr>
<td>January 31</td>
<td>Psychoanalytic Therapy Article #1 Due: Ethics</td>
<td>Chapter 4</td>
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<td>February 7</td>
<td>Adlerian Therapy</td>
<td>Chapter 5</td>
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<tr>
<td>February 14</td>
<td>Existential Therapy Article #2 Due</td>
<td>Chapter 6</td>
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<tr>
<td>February 21</td>
<td>Person-Centered Therapy Review for Midterm</td>
<td>Chapter 7</td>
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<tr>
<td>February 28</td>
<td>Midterm Examination Article #3 Due</td>
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<tr>
<td>March 6</td>
<td>Gestalt Therapy Initial Draft of Term Project Due</td>
<td>Chapter 8</td>
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<tr>
<td>March 10-14</td>
<td>Spring Break</td>
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<tr>
<td>March 20</td>
<td>Behavior Therapy Cognitive-Behavior Therapy</td>
<td>Chapter 9</td>
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<tr>
<td>March 27</td>
<td>Reality Therapy Article #4 Due</td>
<td>Chapter 10</td>
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<tr>
<td>April 3</td>
<td>Feminist Therapy Term Project Due</td>
<td>Chapter 12</td>
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<tr>
<td>April 10</td>
<td>Postmodern approaches Family Systems Therapy Article #5 Due</td>
<td>Chapter 13</td>
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<tr>
<td>April 17</td>
<td>An Integrative Perspective Case Illustration: An Integrative Approach in Working with Stan Review for final</td>
<td>Chapter 15</td>
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<tr>
<td>April 24</td>
<td>Final Examination</td>
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References, Supplemental Materials, and student support Available


