SO 366 INTRODUCTION TO COUNSELING
FALL 2005

Thurs.  6:30-9:30PM
Judith  M. Illingworth  L.C.S.W.

Textbooks:  Michael S. Nystul, Introduction to Counseling, 2nd Ed.,
Naomi I. Brill & Joann Levine, Working with People, 7th Ed.

Course Objectives:
This course will provide an examination of interview skills, problem assessment and intervention strategies. Special emphasis will be placed on values clarification and the use of relationships in the counseling process as well as the therapist-client relationship. In addition, students will be able to apply this knowledge to the various areas in the human services field.

Grading:
Agency research .........................20%
Midterm........................................15%
Project...........................................30%
Participation/Attendance...........10%
Final..............................................15%
Homework.................................10%

Class Policies:
1. Attendance is mandatory. You will receive a 1% deduction for each class missed during the semester.
2. You will be expected to be prepared for each class. Class will be taught from the readings, as well as other sources. The participation grade will be determined by your active participation in class.
3. All projects must be handed in on the assigned date. Anything handed in later will be subject to a 3% per day deduction including weekends.
4. Exams will be given both from class and reading material. If you are unable to be present on an exam day, you must make arrangements with me at least a week in advance.
5. I will be available both before and after class. In addition to this, I can be reached at (610) 838-8674. Please do not call after 9:00PM. My email address is Ills4@aol.com. Meetings can also be arranged if necessary.
Project:

You will be expected to present an aspect of counseling specific to a population or type of counseling that will be covered in this course. For example, interviews, methods of counseling utilized in group, family or individual therapy, or subject matters that interest you, such as alcoholism or abuse. There are three components to this project:

1. You complete a 7-10 page paper examining the subject matter that you have chosen. You will include the clinical aspects of the chosen area, the identified population affected, the effectiveness of the clinician in this process and specific techniques utilized in treatment. You must then provide a short lead into your presentation specifying what you will be depicting in your role play. You are required to utilize at least two resources in addition to your texts, and must provide a resource page.

2. You will complete a role play demonstrating the area you have chosen. This will be taped on video tape and will be no longer than 5 minutes.

3. You will present your tape in class along with a summary of what you have learned in relation to your topic including the importance of the therapist-client relationship, and the effectiveness of the tool you have chosen.

Your grade will be split between the paper and the role play/presentation. Combined it will be 30% of your grade. The topic of your project must be approved by me, and confirmed by midterm.

Agency Research Papers:

You will research 2 agencies that offer counseling/therapy, and will provide the following:

1. Background on the agency including a pamphlet or other written material.
2. Information regarding the professionals that provide the services including experience, education, and any other specialized training and/or certification.
3. A listing and explanation of the types of therapy that are offered at the agency (e.g., individual, family, group or other specialized populations).
4. Populations treated.

You will then interview one professional from each agency providing their background in the profession and the assessment, treatment plan and therapy/progress notes utilized within the agency. You will then compare and contrast the agencies regarding these areas based on what you have read and learned in class.

* YOU MUST PROVIDE A BLANK COPY OF EACH FORM.
* YOUR PAPER WILL BE 7-10 PAGES IN LENGTH.
Schedule of Classes:

Sept  1  Introduction to course

   8  Attitudes/Values/Knowledge Areas
      Ethics
      Nystul 1-2, 5-6,  Brill/Levine 2

  15  Multicausality
      Engagement
      Nystul 3, page 15,  Brill/Levine 3-4

  22  Evaluation/Assessment
      Diagnosis
      Nystul 4,  Brill/Levine 5-6

  29  Clinical Diagnosis
      Nystul 15, Brill/Levine 9

Oct  6  Midterm

  13  Treatment Planning
      Brill/Levine 7

  20  Theory
      Individual Therapy
      Nystul 7-9, Brill/Levine 8
      **Agency Research Paper Due**

  27  Marital/Family Therapy
      Nystul 10,  Brill/Levine 11

Nov  3  Group Therapy
      Nystul 12,  Brill/Levine 10

  10  Working With Adolescents
      Nystul 11

  17  Termination/ Clinical Issues
      Brill/Levine 12
      **Project Paper Due**

Dec  1  Presentations

  8  Presentations

  15  Final Exam
Homework Assignments

#1. Due September 15

A. Define the right to self-determination. In terms of euthanasia, explore the legalities versus ethical values.

B. What cultures do you belong to? List as many as possible. Now explore conflicts within these cultures. Do your own views on the following conflict with your upbringing in terms of values:
   - Abortion
   - Political Alliance
   - Welfare system
   - Governmental intervention (monitoring)
   - DUI laws

#2. Due September 22

A. Choose a culture different from your own, research their values and beliefs. What issues will you find that may cause difficulty in engaging this client?

B. In terms of youth today, research two areas that effect them and present the need for services.

#3. Due September 29

Research both an Axis I and Axis II diagnosis, provide the following:
   - Criteria for the diagnosis
   - One form of treatment found to be effective

#4. Due November 3

Research a theory not taught in class. What populations does it target? What type of diagnosis/issue is it most effective in treating and why?

#5. Due November 10

Complete the diagram based on your class scenario. What do you suggest at this point for your client(s) - termination, referral, or continued sessions and why?