

COU2121 Counseling II

Course Syllabus

COURSE REQUIREMENTS

Counseling II is an advanced course. Students wishing to take this class must have completed COU2121 Counseling, Intro.

COURSE DESCRIPTION

In this course you will gain knowledge in the counseling field. It is important to note the skills learned in counseling, and similar courses, are special in that they can be used in all areas of life. Take advantage of this by putting your best foot forward. This course gives a basic understanding of the theories used in counseling on which a therapist can build a practice. Some of the more significant theories used in counseling will be explored. This course will provide the student with a foundation to build on. It will cover the origin and history, as well as appropriate application of these therapies.

You, the student, will learn general ideas about personality development. You will explore the different therapeutic techniques and their methodology. You will gain insight into key concepts and their applications. You will gain a deeper understanding of empathy and the vital role it plays in this field. Your attention will also be called to the importance of your listening skills, as listening is not only critical as a therapist, it is fundamental in life. You will do well to be conscious of this fact and take every opportunity to grow in these skills.

LEARNING OBJECTIVES

The therapies covered in this course help the student understand how each particular therapy helps from its unique perspective and framework. Understanding the basics of theories in counseling is the beginning of knowing how people can be helped in this exciting field. By the end of this course, all students should:

- Establish a foundation of knowledge in origins and application of significant therapies
- Discover key concepts in these individual therapies
- Explore general ideas about personality development
- Gain knowledge in therapeutic techniques and methods of working
- Learn various applications and their uses
- Explore the strengths and weaknesses of various therapies
- Be able to draw effective conclusions

ATTENDANCE

Attendance is mandatory for all students. Excellent attendance is imperative for mastery and application of the information dispensed. Whether you are sitting at a desk in a classroom or attending via Skype, your attendance is vital to your success. Late arrivals are distracting and disrespectful. Please refrain from being tardy. Grades will be affected by absences and tardiness. Participation in class is a prerequisite. You learn from lectures, discussions and presentations.

CLASSROOM BEHAVIOR

Students are expected to treat all persons with respect. We should all conduct ourselves in a courteous and responsible manner. Be considerate, you can disagree, don't insult.

Please set all your electronic devices to silent during class so as not to be a disturbance to others in the class.

TUTORIAL ASSISTANCE

We maintain an open-door policy for our students. We are absolutely willing to discuss any matter that may arise during the course. If you have any questions, problems, or need help with the course material, we urge you to reach out as soon as the issue arises. If you want to contest a grade, you must do so within 48 hours and put it in writing. Please ask your student advocate for help. If you do not have a student advocate send an email to: tutordept@usilacs.org.

NON-DISCRIMINATORY STATEMENT

All students regardless of age, race, gender, religion, physical disability, class, etc., shall have equal opportunity without harassment in this course. Any problems with or questions about harassment can be discussed confidentially via email at:

hr@usilacs.org.

DRESS CODE

For students enrolled who are attending in a classroom or via Skype, please be sure you are dressed modestly and respectfully. Please refer to www.merriam-webster.com/dictionary/business%20casual. NO short shorts or skirts. Avoid low-cut tops. We want to present ourselves in a dignified manner at all times.

NETIQUETTE

- Always read through all the comments of the class before responding. This will avoid duplicating comments or questions asked.
- Avoid language that could be offensive. All profanity is strictly prohibited. Remember that using all caps when replying online signifies shouting. This would be rude and combative.
- Be sensitive to the fact that there will be fellow students from all parts of the world with many differing backgrounds and languages. Remember that slang and idioms will most likely be misconceived and/or misinterpreted. These should be avoided.
- Respect others views or opinions.
- Be thoughtful of the privacy of others. Ask permission before sharing email addresses or other personal information.
- Do not forward inappropriate material such as: virus warnings, chain letters, jokes, etc. The sharing of pornographic material is strictly prohibited.
- Use good spelling and grammar. Avoid using texting shortcuts.

- Strive to compose your comments in a positive, supportive and constructive manner at all times.

Any of these offenses will be dealt with by the school disciplinary committee.

ADA ACCOMMODATIONS

All reasonable accommodations will be provided for students with disabilities. Any student attending USILACS who needs an accommodation due to a chronic challenge (i.e. blindness, deaf or hard of hearing, mobility issues, psychological, or learning disability), register with:

USILACS Registrar's Office
1221 Brickell Ave.
Miami, FL 33131
1-305-330-2202
registrarsoffice@usilacs.org

ACADEMIC DISHONESTY/CHEATING

We encourage collaborating with others, either in person or online, to study and learn. When you complete your assignments or your exams, however, the wording has to be your own.

Plagiarism is the theft of someone else's work and ideas. You are permitted to cite or even quote someone else, however, you must properly cite them. There are two accepted ways of doing this. They are known as Modern Language Association (MLA) or American Psychological Association (APA). You can visit www.citationmachine.net for help in correctly citing information.

As a school that strives to maintain high moral standards, we strongly caution our students to be ethical and honest. Endeavor to be honest in conducting yourself in regard to any coursework you accomplish or exams you may take. Cheating is a dishonest practice.

REFERENCE MATERIALS

The vast majority of textbooks are outdated by the time they are published. USILACS education programs are not based upon outdated printed textbooks. USILACS programs are based on the most accurate and reliable knowledge available; specifically, up-to-date vetted internet-based information.

For those who would like some reference or Internet search recommendations, we would recommend the following.

- (2007) AIPC's Five Therapies eBook, Australian Institute of Professional Counsellors
- (2017) Gestalt Therapy (Simply Explained), Josh Hudson (3:53) (2017) Cognitive Behavior Therapy (CBT) Overview- How to Change Your Thoughts
- (2011) An Introduction to Transactional Analysis - Eric Berne, Rory Lees-Oakes

(2011) An introduction to Person Centered Therapy - Carl Rogers, Rory Lees-Oakes

(2016) Schema Therapy: Origin, Definition and Characteristics, July 12, (Counselling Theory & Practice, Therapies & Approaches) AIPC Library Article

MINIMUM REQUIRED SUPPLIES

All students will need all of the following:

- Computer with camera, microphone, and speakers.
- Skype installed on the computer with an active Skype account.
- Internet
- Printer
- Notebook paper
- Pens/pencils

If the student does not have a computer or internet, there will be some available for use at the school in the computer lab.

GRADING SYSTEM

There will be three tests throughout the course. Each test will count for 33.3% of the final grade.

Grade	Percentage	Grade Point
A+	99	4.0
A	97	3.8
A-	94	3.7
B+	89	3.3
B	85	3.0
B-	81	2.7
C+	77	2.3
C	73	2.0
C-	69	1.7
D	66	1.0
F	59	0.0

All students must earn at least a “D” in order to pass the class.

ASSIGNMENTS

Listening Exercise-

Go to a busy area, perhaps a coffee shop, restaurant or nearby shopping mall. Pick one person carrying on a conversation. Sit near them and focus on the conversation they are having for about 5 minutes. Do this at least 4 other times. Write a 1,000 word paper about your experience. How easy or difficult was it for you? Feel free to write any additional comments about the experience.

Paper-

Write a 1,000 word paper. Do you feel cultivating empathy and a willingness to put yourself in another's shoes would greatly aid you in the field of therapy? Explain your answer.

Essay-

In a few paragraphs explain Transactional Analysis in your own words. Do you feel this type of therapy is beneficial, explain your answer. On a separate sheet of paper do the same for Schema (skee-ma) Therapy.

WEEKLY ASSIGNMENTS

Week 1	Overview of course and coursework Schema therapy
Week 2	Behavioral Therapy
Week 3	Cognitive Behavioral Therapy
Week 4	Cultivating Listening skills <i>Listening Exercise due</i>
Week 5	Video review and Exam
Week 6	Person Centered Therapy
Week 7	Solution focused Therapy
Week 8	Identifying False Beliefs <i>Essay due</i>
Week 9	Video review and Exam
Week 10	Introduction to Transactional Therapy
Week 11	Gestalt Therapy
Week 12	Challenging False Beliefs <i>Paper due</i>
Week 13	Video review and Final exam