

CAPG 200 Counseling Theory and Process
Northeastern University
Department of Counseling and Applied Educational Psychology

Text:

Hackney and Cormier (2001) The Professional Counselor: A Process Guide to Helping (4th ed.)

Goals:

- a) to develop a basic understanding of selected theoretical approaches to counseling.
- b) to understand and explain the dimensions of an effective counseling relationship.
- c) to demonstrate counselor behavior that leads to the establishment of an effective counseling relationship.
- d) to become aware of some of the cultural components of counseling theory and practice.
- e) to develop and articulate a personal philosophy of counseling, including theoretical, cultural and ethical perspectives on the process.

Assignments:

Tape - The initial tape is due during class on December 07, 2005. This tape should be a 10-15 minute cassette of an interview with a classmate or anyone else except a member of your immediate family (including significant others) who agrees to be taped. Each cassette must be accompanied by a verbatim, written transcript of the session and a detailed evaluation of the session by you. During the interview you should use basic communication skills: attending, reflecting, empathizing, summarizing, picking up significant themes and clarifying. You should listen to your tape several times before writing your critique and be able to identify what you did well during the interview and what you would do differently if you were to do it again. Be sure that you include situations in which cultural differences were relevant to understanding or not understanding your client's meaning or world view/frame of reference. If you would change what you did, explain why. All tapes and critiques will be graded. Students who do not reach the expected skill level in this tape will be requested to repeat the assignment. Students who do not complete this assignment satisfactorily will not receive a grade for the course. Cassettes must be regular sized. Please let the person that you are interviewing know that a portion of the tape that does not identify them, might be played in class.

30 Points

Written Assignments - The following paper, although written in parts, will be considered one paper encompassing many of the current issues in the profession of counseling. It is expected that the papers will represent graduate level writing, be well and properly documented and will clearly demonstrate both your reading and your ability to synthesize ideas. Use these assignments as an opportunity to do additional reading in the counseling field or to reacquaint yourself with some of your undergraduate assignments or the reading you have done since then.

Papers should be written as complete documents, beginning with an introduction and ending with your conclusions or summary statements. Do not write the papers by simply answering the questions listed in the assignments. Use the questions to organize your thinking and be sure that you address each in the body of your paper. Be sure that the reader can understand what you write even if s/he is not looking at the questions. When you do use references, the format of the APA

Publications Manual should be used exclusively. The manual is available in the library. If you cannot find it, ask the librarian for assistance. Papers are due in class on the designated date and must be typed.

Paper 1 - Why have you selected counseling as your anticipated profession? What personal, family or cultural factors have influenced you in this decision? What aspect of counseling interests you the most as a potential area of specialization? Explain why? Describe a significant life experience that led you to believe you could become a good counselor and that becoming a counselor was a worthwhile goal. Identify the various cultures which you believe have influenced your personal development and how. These cultural influences may have entered your life through your family, your friends, your neighbors, your faith, the sexual orientation or disability status of people you know, your interest in the arts or social issues or numerous other sources. **This paper will be graded satisfactory/unsatisfactory.** It is used to get to know you better and to identify strengths and weaknesses in your writing skills.

Paper 2 – In the bible Jesus in understanding the attitudes of those in a synagogue in which He has read the scripture helping the poor acknowledged that they were probably thinking “physician heal thyself”. What might such a charge mean to counselors? What would be a “healed” counselor or professional? What do you do to heal? **10 Points**

Paper 3 - How do cultural or racial backgrounds affect the way individuals view the world and the events which happen to them or around them? How do other life shaping conditions such as gender, sexual/affectional orientation, socio-economic class or disability status affect each persons’ worldview? How do these factors influence a counselor’s choice of approach and ability to understand the client’s worldview? What challenges arise when the counselor has a different set of life-shaping conditions than the client does? As you describe your ideas about these issues, please explain your beliefs using examples from life as well as theoretical understanding. Go beyond the textbook in finding information for your answers. Look at cultural artifacts such as movies, television shows, literature, mass media and advertising for ideas about these issues. **15 Points.**

Paper 3 -Describe the counseling approach which is currently most appealing to you and why. Describe your current counseling style and adaptations of the theory that you tend to make in practice. Give the history of the approach. How might you use the approach in your profession? Give three situations with which this approach would benefit your work. Are there situations in your work in which this approach might not work? If so, which ones? At this point in your career, what are your major strengths and in what areas do you need to continue to learn and grow? This paper should summarize what you have learned and what beliefs guide your practice. **15 Points.**

Paper 4 -Self-help books have become part of the American way of life. Whether they offer ways to attract a love interest, help one heal after the loss of a loved one, or inspire the reader to personal growth, these books are intended to serve as supplemental counseling. You are to choose a book from the list of self-help books provided by the instructor as the

topic for your fifth paper. You should discuss the content of the book, ways in which it serves as a means of cognitive, affective, behavioral, and/or systematic intervention and the overall usefulness of the book. You should discuss under which situations the book would be most useful and those that it might not be of any help. **20 Points**

Grading Procedure:

a. Tape	30%
b. Written assignments	60%
c. Class Participation	10%

Class Schedule

<u>Class</u>	<u>Topic</u>	<u>Readings</u>
#1-09/09	Class overview	
#2-09/14	Counseling Skills	Chapters 1 & 2
#3-09/21	Rapport and Relationship	Chapter 3
#4-09/28	Assessing Client Problems Developing Counseling Goals Paper 1 Due	Chapters 4 & 5
#5-10/05	Defining Strategies and Selecting Interventions	Chapter 6
#6-10/12	Affective Interventions Paper 2 Due	Chapter 7
#7-10/19	Culture and Worldview	
#8-10/26	Cognitive Interventions Paper 3 Due	Chapter 8
#9-11/02	Behavioral Interventions	Chapter 9
#10-11/09	Systemic Interventions	Chapter 10
#11-11/16	Termination and Follow-up Paper 4 Due	Chapter 11
#12-11/30	Self-Help Interventions Paper 4 Due	
#13-12/07	Tape & Critique Due	
#14-12/14	Course Wrap-up	

Project Reading List

Please choose one of the following for your paper:

1. Anxiety, Phobias, and Panic: A Step by Step Program for Regaining Your Life by Reneau Z. Peurifoy.
2. Unlimited Power by Anthony Robbins.
3. Awaken the Giant Within by Anthony Robbins.
4. Men are From Mars, Women are From Venus by John Gray.
5. Mars and Venus Starting Over by John Gray.
6. How to Take Immediate Control of Your Mental, Emotion, Physical, and Financial Destiny by Anthony Robbins.
7. Triumph Over Fear by Jerilyn Ross.
8. I Don't Want To Talk About It: Overcoming Male Depression by Terrence Real.
9. Woman Thou Art Loosed by T.D. Jakes.
10. The Lady, Her Lover, and Her Lord by T.D. Jakes.
11. The Verbally Abusive Relationship by Patricia Evans.
12. The Psychology of Winning by Denis Waitley.
13. Boundaries and Relationships: Knowing, Protecting, and Enjoying the Self by Charles L. Whitfield.
14. Emotionally Free: Letting Go of the Past to Live in the Moment by David Viscott.
15. Emotional Resilience: Simple Truths for Dealing with the Unfinished Business of Your Past by David Viscott.
16. New Passages: Mapping Your Life Across Time by Gail Sheehy.
17. Learned Optimism: How to Change Your Mind and Your Life by Martin E.P. Seligman.
18. Reinventing Your Life: How to Break Free From Negative Life Patterns and Feel Good Again by Jeffrey E. Young and Janet S. Klosko.
19. Prescriptions for Living by Bernie S. Siegel.
20. The Purpose of Your Life by Carol Adrienne.
21. Family Secrets: The Path to Self-Acceptance and Reunion by Johns Bradshaw.
22. Feeling Good by David D. Burns.
23. Life Strategies: Doing What Works, Doing What Matters by Phil McKay
24. Punished by Rewards: The Trouble with Gold Stars, Incentive Plans, A's, Praise and Other Bribes by Alfie Kohn.
25. Do It Now! Break the Procrastination Habit by William J. Knaus.
26. In God We Trust: A Positive Faith for Troubled Times by Norman Vincent Peale.
27. The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner.
28. Daddy Loves His Girls by T.D. Jakes.
29. You Can If You Think You Can by Norman Vincent Peale.
30. Maximum Self Esteem by Jerry Minchinton.
31. Self Esteem by Matthew McKay and Patrick Fanning.
32. I Don't Have to Make Everything Better: Six Practical Principles that Empower Others To solve Their Own Problems While Enriching Your Relationships by Gary and Joy Lundberg.
33. When Anger Hurts: Quieting the Storm Within by Matthew McKay, Peter Rogers, and Judith McCay.

34. Mastering Your Moods by Melvyn Kinder.
35. Lightposts for Living: The Art of Choosing a Joyful Life by Thomas Kinkade.
36. Emotional Intelligence by Daniel Coleman.
37. Think and Grow Rich by Napoleon Hill.
38. Managing Your Mind by Gillian Butler and Tony Hope.
39. The Quiet Voice of the Soul: How to Find Meaning in Ordinary Life by Tian Dayton.
40. How to Win Friend and Influence People by Dale Carnegie.
41. How to Stop Worrying and Start Living by Dale Carnegie.
42. Count Your Blessings: The Healing Power of Gratitude and Love by Johns F. Demartini.

43. The Seat of the Soul by Gary Zukav
44. CoDependent No More by Melody Beattie.
45. Finding Your Way Home: A Soul Survival Guide by Melody Beattie.
46. In The Meantime by Iyanla Vanzant.