

## Syllabus

### Course Overview

## Course Overview

Counselors work with clients to solve issues, gain personal insights, and understand environmental influences. The counseling profession has roots in the vocational guidance and school counseling movements. Presently, in addition to school counseling, the field continues to grow and includes specializations in addictions counseling; career counseling; counseling in clinical mental health and private practice settings; marriage, couple, and family counseling; and college counseling and student affairs.

In this course, we explore the history of the field of counseling as well as current issues such as cultural competency and social justice, evidence-based practice, and self-care of the counselor. As emerging professionals, understanding and applying research is one of the core skills you continue to develop in this course. You have the opportunity to review and apply current counseling studies. You will also examine a specific counseling specialization and how it aligns with your personal and professional goals. In addition, you will practice listening skills and describe self-care strategies, which are needed for counselors due to the demands and strains of counseling work.

## Assignments

**Week 2:** Write a 3–4-page paper that reflects on the therapeutic relationship and empathic listening.

**Week 4:** Write a 4–5-page paper that describes initial intake assessment methods you would use for counseling sessions based on a theoretical framework and/or evidence-based treatment.

## Discussions

**Week 1:** Explore a counseling specialization that interests you.

**Week 2:** Discuss the uniqueness of the therapeutic relationship.

**Week 3:** Discuss counseling approaches that speak to you and choose an approach related to a specific population.

**Week 4:** Discuss how you will build your skills in cultural competence and an area of interest in social justice.

**Week 5:** Discuss a plan for self-care.

## Quizzes

In Weeks 3 and 5, you will take a quiz that checks your knowledge of concepts from the course.

### Course Competencies

(Read Only)

To successfully complete this course, you will be expected to:

- 1 Apply psychotherapeutic methods to case studies.
- 2 Apply research findings to support evidence-based interventions in counseling.
- 3 Write using a clear purpose, organization, tone, and sentence structure.

### Course Prerequisites

Prerequisite(s): PSYC1000.

## Syllabus >> Course Materials

### Required

The materials listed below are required to complete the learning activities in this course.

### Integrated Materials

Many of your required books are available via the VitalSource Bookshelf link in the courseroom, located in your Course Tools. Registered learners in a Resource Kit program can access these materials using the courseroom link on the Friday before the course start date. Some materials are available only in hard-copy format or by using an access code. For these materials, you will receive an email with further instructions for access. Visit the [Course Materials](#) page on Campus for more information.

eBook

Kottler, J. A., & Shepard, D. S. (2015). *Introduction to counseling: Voices from the field* (8th ed.). Stamford, CT: Cengage. ISBN: 9781285084763

### Library

The following required readings are provided in the [Capella University Library](#) or linked directly in this course. To find specific readings by journal or book title, use [Journal and Book Locator](#). Refer to the [Journal and Book Locator library guide](#) to learn how to use this tool.

- Beaumont, E., Durkin, M., Hollins Martin, C. J., & Carson, J. (2016). [Measuring relationships between self-compassion, compassion fatigue, burnout and well-being in student counsellors and student cognitive behavioural psychotherapists: A quantitative survey](#). *Counselling & Psychotherapy Research*, 16(1), 15–23.
- Laverdière, O., Kealy, D., Ogrodniczuk, J. S., Chamberland, S., & Descôteaux, J. (2019). [Psychotherapists' professional quality of life](#). *Traumatology*, 25(3), 208–215.
- Nelson, J. R., Hall, B. S., Anderson, J. L., Birtles, C., & Hemming, L. (2018). [Self-compassion as self-care: A simple and effective tool for counselor educators and counseling students](#). *Journal of Creativity in Mental Health*, 13(1), 121–133.
- Sultan, N. (2018). [Embodied self-care: Enhancing awareness and acceptance through mindfulness-oriented expressive writing self-disclosure](#). *Journal of Creativity in Mental Health*, 13(1), 76–91.

### External Resource

Please note that URLs change frequently. While the URLs were current when this course was designed, some may no longer be valid. If you cannot access a specific link, contact your instructor for an alternative URL. Permissions for the following links have been either granted or deemed appropriate for educational use at the time of course publication.

- American Counseling Association (2014). [ACA Code of Ethics](http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4). Alexandria, VA: Author. Retrieved from <http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4>
- Substance Abuse and Mental Health Services Administration (2014). [Chapter 3: Culturally Responsive Evaluation and Treatment Planning. Improving Cultural Competence](https://www.ncbi.nlm.nih.gov/books/NBK248423/). Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK248423/>
- Substance Abuse and Mental Health Services Administration (2014). [Quick Guide for Clinicians. Improving Cultural Competence](https://store.samhsa.gov/system/files/sma16-4931.pdf). Retrieved from <https://store.samhsa.gov/system/files/sma16-4931.pdf>
- United States Department of Labor. (2019). [Occupational outlook handbook](http://www.bls.gov/ooh/). Retrieved from <http://www.bls.gov/ooh/>

## Suggested

## Optional

The following optional materials are offered to provide you with a better understanding of the topics in this course. These materials are not required to complete the course.

## Unit 1 >> Counseling Specializations

### Introduction

## Specializations

Andre, Hailey, Kai, and Amara met in college while taking an introductory course in counseling. Their instructor placed them together to work on a project and they quickly became friends and remained friends long past graduation into their careers. While each friend was interested in going into the counseling field when they enrolled in college, they were unsure as to what type of counselor or therapist they wanted to be. Together they would have frequent conversations about the various options, such as addictions counseling, marriage and family therapy, social work, school counseling, guidance counseling, mental health counseling, and more. During the five weeks of this course, you will follow the four friends as they choose their specializations.

In Week 1, we explore the historical events that have shaped the counseling profession and begin to look at current issues and trends. You will explore specific counseling specializations such as addictions, school counseling, and marriage and family therapy. This will help you to find the area of counseling that might be a good fit for your interests and goals.

To-do list:

- **Discussion:** Explore a counseling specialization that interests you.
- **What you need to know:** Learn about the foundations of counseling, the settings in which counselors practice in their areas of counseling, and various careers in counseling.
- **Plan:** Download and read your Week 1 Checklist and use how it will be most helpful for you.
- **Prepare:** Start to conduct research related to your Week 2 assignment.

## Learning Activities

### u01s1 - Activity Overview

## Discussion Overview

Explore a counseling session that interests you.

### u01s2 - What You Need to Know

## Foundations of Counseling

Counseling has a rich and unique history. It is rooted in areas of science, philosophy, medicine, education, and psychology. Knowing more about the history of the foundations of counseling can help you in understanding the nature of counselor-client relationships. No matter which counseling specialization one works in, the counselor-client relationship is at the core of that work.

The following chapters in our book will tell the history of how the counseling fields got started, will familiarize you with the foundations that are important to all areas of counseling, and will introduce you to the different types of counseling and the kinds of settings in which counselors practice in their specialized areas of counseling.

- Kottler, J. A., & Shepard, D. S. (2015). *Introduction to counseling: Voices from the field* (8th ed.). Stamford, CT: Cengage. ISBN:9781285084763.
  - Chapter 1, "What Counseling Is and How It Works," pages 3–24.
  - Chapter 2, "Foundations of Counseling," pages 25–41.
  - Chapter 3, "Settings for Counselors," pages 53–83.

## Careers in Counseling

- Click [Counseling Professions Exercise](#) to practice your knowledge of the definitions of the various fields of counseling.
- United States Department of Labor. (2019). [Occupational outlook handbook](#). Retrieved from <http://www.bls.gov/ooh/>
  - From the menu on the left, click "Community and Social Service" to find information on counseling careers. You can also find information such as requirements and median incomes. Keep in mind that the salaries listed are an average and can vary significantly by geographic location and agency, and that requirements can vary by state.

### u01s3 - Plan: Week 1 Checklist

In each week of this course, you are provided with a [checklist](#) to help you organize your studies and successfully complete the week's activities. Each activity is structured to build upon previous work, so it is best to complete the activities in sequence. You can follow the steps in the checklist to complete the activities in order, and to track your progress. You can also use this checklist as a communication tool if you have questions about completing your activities. Download and read the weekly checklist at the start of each week and use it however it will be most helpful for you.

### u01d1 - Write Your Discussion Post

## Counseling Specializations

In this discussion, you will explore a counseling specialization that interests you. When most people hear the word "counseling," they think of a therapy session with a couch and a person in a tweed jacket helping someone through a mental health issue. In reality, counseling is a broad profession that encompasses many different specializations and serves many different populations. By completing this discussion, you will learn more about the available options and how your skills and interests may align.

For this discussion, write a substantial post on a counseling specialization that you are considering or are interested in learning more about. You can choose from one of the specializations below or another specialization of your choice:

- Addictions counseling.

- Career counseling.
- Mental health counseling.
- Marriage, couple, and family counseling.
- School counseling.
- College counseling or student affairs.
- Clinical psychology.
- Psychiatric nursing.
- Licensed clinical social work.

Cover the following elements in your discussion:

- Summarize the key aspects of the counseling specialization you have chosen. How is it different from other specializations?
- Describe the job requirements, including the skills and credentials needed (for example, a master's or doctoral degree). If licensure is required, provide a brief overview of your state's requirements (such as clinical hours, licensure exam, or graduation from an accredited program).
- Describe the settings in which the professional in this specialization might work, and the populations they might serve.
- Describe how your personal as well as professional goals are aligned with this career choice. Be sure to provide examples. Note: This portion can be written in first person.

Use professional or scholarly sources to support your work.

Based on your interest, you may choose to use your *Introduction to Counseling: Voices From the Field* text to read one or more of the following in order to complete your discussion:

- Chapter 10, "Family, Couples, and Sex Counseling," pages 271–300 (for those interested in Marriage, Couples, and Family Counseling).
- Chapter 11, "Career Counseling," pages 301–329 (for those interested in incorporating Career Counseling into a specialization of interest).
- Chapter 12, "Neuroscience, Addictions, and Psychopharmacology," pages 330–367 (for those interested in Addictions Counseling).

The *Occupational Outlook Handbook from the Bureau of Labor Statistics* may also be helpful. Other resources may be found in the [Capella University Library](#) or on the Internet under organizations that support the specialization.

For this and all posts:

- Be sure to check your work over for grammatical errors.
- Include in-text citations in the body of your work for your sources of information, and include full references at the end of your posts.

## Response Guidelines

Reply to two of your classmates. Advance the discussion with additional information, questions, or resources concerning the area of counseling specialization they presented. Note that two days of interaction with others is required for distinguished level performance on discussion participation.

Course Resources

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Psychology Undergraduate Discussion Scoring Guide

### u01s4 - Prepare: Research Scholarly Articles

Your Week 2 assignment requires at least two scholarly or professional resources research related to the therapeutic alliance, efficacy of counseling, nonspecific or relationship therapeutic factors, and/or counseling skills. If you would like to get a head start, review the Week 2 assignment instructions and conduct research this week. You may find the [PsycARTICLES](#) or [PsycINFO](#) databases helpful as they are specialized and may narrow your search.

Your assignment also asks you to find a partner to help you. Review the assignment instructions and take time this week to find your partner.

## Unit 2 >> The Therapeutic Relationship

### Introduction

## Hailey's Story: School Counseling

There were a number of specializations that Hailey found intriguing. She considered social work, mental health counseling, and school counseling. She had conversations with Amara, Kai, and Andre both inside and outside of school when they would meet to study or just get together for some down time. She felt conflicted as she listened to her friends' interests. But Hailey knew that she wanted to work directly with children as her primary clients, and thought a school setting might be interesting.

She recalled struggling in school when her father suddenly left the family one day when she was in the fourth grade. She only saw her father periodically after that. Her grades suffered as she was unable to concentrate because she felt sad for most of the school days during that year. She remembers frequently visiting her school counselor who was warm and understanding. The school counselor allowed Hailey to express herself in the way that was most comfortable for her, such as through drawings and stories.

The school counselor seemed to understand the pain that Hailey had trouble putting into words. She wanted to be able to be that support person for children struggling in school because of emotional turmoil. Hailey read more about school counseling, looked at the curriculum for school counseling programs, and searched the job market for careers in school counseling.

This week you will experience an important underlying skill in building the therapeutic relationship - empathic listening. You have an opportunity to experience what it is like to be both the giver and receiver of empathic listening.

To-do list:

- **Assignment:** Write a 3–4-page paper that reflects on the therapeutic relationship and empathic listening.
- **Discussion:** Discuss the uniqueness of the therapeutic relationship.
- **What you need to know:** Learn about the unique qualities of the counseling relationship and the ethical responsibilities involved.
- **Plan:** Download and read the Week 2 checklist and use it however it is most helpful for you.
- **Research Activity:** Conduct research related to your assignment this week.

### Learning Activities

#### u02s1 - Activity Overview

### Discussion Overview

Discuss the uniqueness of the therapeutic relationship.

### Assignment Overview

Write a 3–4-page paper that reflects on the therapeutic relationship and empathic listening.

#### u02s2 - What You Need to Know

In all areas of counseling, professionals seek first to understand their clients. Psychotherapeutic methods are used to understand, assess, and find interventions for problems in living. The beginning of that process is building the therapeutic relationship, which is the bond that is formed between the counselor and client.

## The Therapeutic Relationship

Read the following chapter in your textbook to help you to understand the unique qualities of the counseling relationship. It will also introduce you to the skills that you will focus on for the Week 2 assignment.

- Kottler, J. A., & Shepard, D. S. (2015). *Introduction to counseling: Voices from the field* (8th ed.). Stamford, CT: Cengage.
  - Chapter 4, "The Therapeutic Relationship," pages 84–108.

Complete the [Psychotherapeutic Skills Exercise | Transcript](#) to practice defining specific psychotherapeutic skills and discerning the differences between them.

The excerpts with the client in [Excerpts from Initial Counseling Sessions | Transcript](#) will demonstrate some psychotherapeutic skills in action on the part of the therapist. Watch for the skills in action that you identified in the Psychotherapeutic Skills Exercise.

## Ethical Responsibilities

The following section of the ACA Code of Ethics categorizes and defines the ethical responsibilities that counselors have in the therapeutic relationship.

- American Counseling Association (2014). [ACA Code of Ethics](#). Alexandria, VA: Author. Retrieved from <http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4>
  - Section A, "The Counseling Relationship," pages 4–6.

### u02s3 - Plan: Week 2 Checklist

Read the [Week 2 Checklist](#) and use it however it is most helpful for you.

### u02d1 - Write Your Discussion Post

## The Therapeutic Relationship

The therapeutic relationship is an alliance between the counselor and the client that is part of all counseling professions. It is the foundation for the work that will take place between them. For this discussion, explain what makes the therapeutic relationship unique compared to other relationships. Also, describe some strategies and skills that counselors use to form a therapeutic relationship. Use professional sources to guide your explanations of the relationships and strategies.

## Response Guidelines

Respond to at least two of your peers and expand on their ideas and strategies related to the therapeutic relationship. Note that two days of interaction with others are required to reach distinguished level performance on discussion participation.

Course Resources

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Psychology Undergraduate Discussion Scoring Guide

### u02s4 - Research Activity: Locate Scholarly Articles

Your assignment this week requires at least two scholarly or professional resources related to the therapeutic alliance, efficacy of counseling, nonspecific/relationship therapeutic factors, and/or counseling skills. If you have not done so yet, review the assignment instructions and conduct your research.

You may find the [PsyncARTICLES](#) or [PsyncINFO](#) databases helpful as they are specialized and may narrow your search.

## u02a1 - Psychotherapeutic Skills

Counselors use a variety of skills and methods to help someone. In this assignment, you will learn to identify some of these skills as well as have an opportunity to practice listening skills. You may find that simply listening is harder than it sounds.

In Part One of this assignment, you will watch a video and reflect on what you observed. In Part Two, practice your listening skills with a partner. After you complete these exercises, write a 3–4-page paper that reflects what you learned during these experiences.

### Part One

Watch the [Excerpts from Initial Counseling Sessions](#) | [Transcript](#) video presentation and observe the following:

- How the therapeutic alliance is being formed.
- The attending and listening skills being used.
- How the client is responding to the therapist.
- Which counselor strategies seem to be most effective with the client.

You are encouraged to watch the video more than once and take notes since the answers to these questions will be incorporated into your paper.

### Part Two

For the second part of this assignment, find a partner with whom you can practice your listening skills. This is not a mock therapy session, so the volunteer should not discuss a personal problem or issue. Instead your partner can talk about any topic they choose for 3 minutes. You should actually time the session.

Your task is to simply listen to the person without interjecting anything about yourself. For this first round, you should also not ask any questions or even respond to your partner verbally. You can however use nonverbal behavior to indicate that you are actively listening.

For the second round, your partner should continue talking for another 5 minutes. S/he can talk about the same topic from the first round or a new one. Prior to beginning, explain that you will be interacting a little bit more to practice your counseling skills. However, the goal is still to listen to what is being shared, not to interject information about yourself. Focus on basic attending and listening skills while still keeping in mind the ultimate objective, which is to simply listen.

At the conclusion of the session, ask your partner for feedback. You can use some of the following questions:

- What was it like to talk without getting verbal feedback (first round)?
- Did you feel heard for the second round? If so, what made you feel as though you were heard?
- Was there anything in either round that could have helped you to feel more like you were being listened to?
- Overall, what was this activity like?

### Assignment Instructions

For this assignment, write a paper, 3–4-pages, of your video observations and the listening session with a partner. The paper should contain the following:

- A summary of your video observations using the guidelines provided in Part One of this exercise. Provide specific examples when writing your responses. As a reminder, the subtopics are as follows:
  - How the therapeutic alliance is being formed.
  - The attending and listening skills being used.
  - How the client is responding to the therapist.
  - Which therapist strategies seem to be most effective with the client.
- Anything you learned from the video that you were able to practice with your volunteer. Be sure to relate your learning to research.
- A description of the skills you used for the listening sessions.
- Insights you gleaned from the listening activities. Be sure to relate your learning to research.
- Research findings (from the text and supplemental scholarly literature) on the therapeutic alliance, efficacy of counseling, nonspecific or relationship therapeutic factors, and/or counseling skills. Use at least 2 professional or scholarly resources to inform your work.

## Assignment Requirements

- **Written communication:** Written communication is free of errors that detract from the overall message.
- **APA formatting:** References and in-text citations are formatted according to current [APA style and formatting](#).
- **Length:** 3–4 double-spaced pages of content, in addition to the title page and references page.
- **References:** Use at least two professional or scholarly sources to support your paper.
- **Font and font size:** Times New Roman, 12 point font.
- **SafeAssign:** Use the [SafeAssign](#) Draft option to check your writing and ensure that you have paraphrased, quoted, and cited your sources appropriately. Run a SafeAssign report, saving your paper as a draft. Based on your SafeAssign results, make any necessary changes to your paper before submitting your assignment to your instructor for grading.

In addition, look through the Psychotherapeutic Skills and Listening Skills Scoring Guide to ensure you have met all of the criteria for the assignment.

**Note:** Your instructor may also use the [Writing Feedback Tool](#) to provide feedback on your writing. In the tool, click the linked resources for helpful writing information.

## Competencies Measured

By successfully completing this assessment, you will demonstrate your proficiency in the following course competencies and assessment criteria:

- **Competency 1: Apply psychotherapeutic methods to case studies.**
  - Identify psychotherapeutic skills used in a particular scenario.
  - Describe the effect of psychotherapeutic skills on a client.
  - Describe the listening skills used in a listening activity.
  - Explain what was learned through listening activities.
- **Competency 2: Apply research findings to support evidence-based interventions in counseling.**
  - Apply research findings to understanding the importance of the alliance between counselors and clients.
- **Competency 3: Write using a clear purpose, organization, tone, and sentence structure.**
  - Communicate clearly with appropriate purpose, organization, tone, and sentence structure.
  - Cite sources using author and year, and provides some reference information required in APA style.

Course Resources

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APA Paper Template

### Unit 3 >> Assessment and Practices in Counseling

#### Introduction

#### Andre's Story: Addictions Counseling

Andre is a first-generation college student. He was the first person in his family to graduate from college. Although his family was proud of him, he felt pressure to be even more successful. Graduating also put him at odds with some of his family members who were intimidated by his knowledge and success.

In Andre's family there is a history of alcohol and substance abuse. There are a number of people in Andre's family who still actively drink or use substances and this has created a rift between him and family members. Andre's mother and father were both active drinkers while he was growing up and he recalls being placed with relatives for long stretches while his parents struggled with their alcoholism.

He recalls that when he was in high school, he went to a counselor who specialized in addictions who conducted an assessment to evaluate him for possible addictions, and to evaluate his needs and

make recommendations to his family. He is grateful for the stability and support from his aunt and uncle during those times.

Because of his history, Andre is considering becoming an addictions counselor. He wants to understand more about the requirements for the credentials and more about the job opportunities.

In Week 3, we focus on the application of psychotherapeutic methods as we review assessment, diagnosis, and treatment planning. Assessment is defined as "a systematic approach to collecting information about a client using a variety of sources and methods" (Capuzzi & Gross, 2013, p. 291). You will review assessment practices in the counseling specialization of your choice.

You will have the opportunity to explore assessment tools and select one relevant to a case, and will look at and apply relevant research to understanding and intervening the case.

To-do list:

- **Discussion:** Discuss counseling approaches that speak to you and choose an approach related to a specific population.
- **Quiz:** Take a quiz that checks your knowledge of the concepts from the textbook.
- **What you need to know:** Learn foundations in various theories and how they contribute to counseling approaches.
- **Plan:** Download and read the Week 3 checklist and use however it is most helpful for you.
- **Research Activity:** Research a scholarly article related to a specific counseling approach for your discussion this week.
- **Prepare:** Read Chapter 8 of your textbook to prepare for next week's assignment.

Reference

Capuzzi, D., & Gross, D. R. (2013). *Introduction to the counseling profession* (6th ed.). New York, NY: Routledge.

## Learning Activities

### u03s1 - Activity Overview

## Discussion Overview

Discuss counseling approaches that speak to you and choose an approach related to a specific population.

## Quiz Overview

Take a quiz that checks your knowledge of the concepts from the textbook.

### u03s2 - What You Need to Know

This week, we focus on the application of psychotherapeutic methods as we review assessment, diagnosis, and treatment planning. Assessment is defined as "a systematic approach to collecting information about a client using a variety of sources and methods" (Capuzzi & Gross, 2013, p. 291).

## Theories and Approaches to Counseling

Use the following chapters to give yourself a foundation in understanding various theories and how they contribute to theoretically-based approaches to counseling. As you read, think about the approaches that most fit with the way you think about counseling and how you would like to work with those you may counsel in the future.

- Kottler, J. A., & Shepard, D. S. (2015). *Introduction to counseling: Voices from the field* (8th ed.). Stamford, CT: Cengage. ISBN:9781285084763.
  - Chapter 5, "Insight-Oriented Approaches," pages 111-150.
  - Chapter 6, "Action-Oriented Counseling," pages 152-180.
  - Chapter 7, "Integrating Theory and Counseling Skills," pages 182–204.

## Evaluation and Assessment

The following section in the ACA Code of Ethics will help you understand the ethics around evaluation and assessment. Part of assessment is coming from a theoretical approach combined with specific assessment methods. This resource will help you in preparation for your work this week in Week 3 and next week in Week 4.

- American Counseling Association (2014). *ACA Code of Ethics*. Alexandria, VA: Author. Retrieved from <http://www.counseling.org/docs/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=4>
  - Section E, "Evaluation, Assessment, and Interpretation," pages 11–12.

### Reference

Capuzzi, D., & Gross, D. R. (2013). *Introduction to the counseling profession* (6th ed.). New York, NY: Routledge.

### u03s3 - Plan: Week 3 Checklist

Read the [Week 3 Checklist](#) and use it however it is most helpful for you.

### u03s4 - Research Activity: Locate Scholarly Article

In your discussion this week, you will choose a counseling approach and find a scholarly article that researches the approach with a specific population. Review the discussion instructions and take time to find your article.

#### Tips for Searching

It is recommended that you use the [PsycARTICLES](#) or [PsycINFO](#) database.

- On the first line of your search, type in the name of your approach (that is, person-centered, psychoanalytic, behavioral, cognitive-behavioral, narrative, existential therapy, etc.)
- On the next line, type in a population of interest. Examples are children, adolescents, adults, women, men, transgendered persons, adoptees, senior citizens, military personnel, or a specific culture, such as African-Americans, Native Americans, Indian, Chinese, Korean, Appalachian, etc.

### u03d1 - Write Your Discussion Post

## Theory Base and Counseling Approaches

All counselors and therapists use theories as frameworks for understanding what they are hearing and observing. Theories provide an organized foundation to understand problems and formulate interventions. The counselor's approach is then based in the theory or theories.

After reading about various counseling approaches in your studies this week (Chapters 5 and 6 in your textbook), explain two of counseling approaches that most speak to you. Explain how they fit with your way of thinking.

Next, choose one of the two approaches you discussed. Search for a scholarly article from the Capella library that researches the approach with a specific population. Summarize the article in a way that gives us a good understanding of what the research was about. Who and what did the researchers study and how? What did they find?

## Response Guidelines

Respond to at least two of your peers and elaborate on the theories they selected. How do the theories overlap or differ from other theories? Note that two days of interaction with others are required to reach distinguished level performance on discussion participation.

Course Resources

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Psychology Undergraduate Discussion Scoring Guide

### u03q1 - Quiz: Knowledge Check

In Weeks 1 and 2, you were introduced to concepts related to counseling foundations, counseling settings, and psychotherapeutic methods. This multiple choice quiz will help you in gauging your understanding of the concepts in Chapters 1, 2, 3, and 4 of the course textbook. The quiz provides an opportunity for you to demonstrate your mastery of the following course competencies:

- Describe a variety of mental health professions.
- Describe psychotherapeutic methods used within the professions of counseling and psychotherapy.

Read the following instructions and parameters before taking the quiz:

- There is no time limit on the quiz once you begin it.
- You must access, take, and submit the quiz in this week. The quiz will be open to take at the beginning of Week 3.
- Once you have answered each question, submit your quiz to receive credit. It is automatically scored and you will receive feedback immediately. There are 100 total points possible. Each question is worth 5 points.
- You may access the quiz to view the questions; however, you cannot retake the quiz to change your grade. Once the grade is recorded, it cannot be changed.

Click the linked quiz title to access the quiz. If you have any issues with the quiz, contact your instructor.

### u03s5 - Prepare: Next Week's Assignment

Next week's assignment requires watching an intake session and research on a theoretical framework. If you would like to get a head start on this work, read the Week 4 assignment instructions to understand the requirements and watch the video of the intake session.

Also, the following chapter will help you in preparing for next week's assignment. After you read the instructions, read this chapter in your textbook:

- Kottler, J. A., & Shepard, D. S. (2015). *Introduction to counseling: Voices from the field* (8th ed.). Stamford, CT: Cengage. ISBN:9781285084763.
  - Chapter 8, "Assessment, Testing, and the Diagnostic Process," pages 205–240.

## Unit 4 >> Cultural Competency in Counseling

### Introduction

### Kai's Story: Guidance Counselor

Kai, a Japanese-American of mixed race, grew up in Hawaii. His family moved to the Midwest when he was in high school. As an adolescent, he was very unhappy with this move. He missed his

home and found the weather, culture, and people took a long time to get used to. His high school years were pretty miserable.

He recalls talking to the guidance counselor at the high school during his sophomore and junior years. Not only did the guidance counselor make being in a new place more tolerable, he helped Kai get involved with activities of interest to him, and talked with him about possible careers and colleges.

Kai found himself intrigued with the work of the guidance counselor. As a young adult, Kai finds that he connects well with teenagers and feels this is the population with whom he would like to work. He wanted to perhaps specialize in cross-cultural communication, and he wanted to help kids find meaningful careers.

His friend Andre was especially helpful for Kai in doing some research into what it takes to be a guidance counselor and in developing professional documents of cover letters and resumes. While in search for their jobs, they would do mock interviews with one another to sharpen their interviewing skills.

In Week 4, we focus on cultural competency. The multicultural counseling movement has made great strides over the past few years and has gone beyond simple "awareness" of cultural differences to an emphasis on the development of specific attitudes and skills related to counseling people from diverse backgrounds. Models of cultural competency and sensitivity can help guide practitioners' intentional development of cultural competency. This week we will look at some models for developing cultural competency.

To-do list:

- **Assignment:** Write a 4–5-page paper that describes initial intake assessment methods you would use for counseling sessions based on a theoretical framework and/or evidence-based treatment.
- **Discussion:** Discuss how you will build your skills in cultural competence and an area of interest in social justice.
- **What you need to know:** Learn models and frameworks for cultural competency and sensitivity.
- **Plan:** Download and read the Week 4 checklist and use however it is most helpful to you.
- **Prepare:** Watch an intake session between a client and counselor and conduct research on a theoretical framework and/or evidence-based treatment for this week's assignment.

## Learning Activities

### u04s1 - Activity Overview

## Discussion Overview

Discuss how you will build your skills in cultural competence and an area of interest in social justice.

## Assignment Overview

Write a 4–5-page paper that describes initial intake assessment methods you would use for counseling sessions based on a theoretical framework and/or evidence-based treatment.

### u04s2 - What You Need to Know

## Cultural Competency in Counseling

The multicultural counseling movement has made great strides over the past few years and has gone beyond simple "awareness" of cultural differences to an emphasis on the development of specific attitudes and skills related to counseling people from diverse backgrounds. Models of cultural competency and sensitivity can help guide practitioners' intentional development of cultural competency.

- Kottler, J. A., & Shepard, D. S. (2015). *Introduction to counseling: Voices from the field* (8th ed.). Stamford, CT: Cengage. ISBN:9781285084763.
  - Chapter 13, "Counseling Diverse Clients," pages 368–408.
    - This chapter will lay the foundation for what it means to be culturally sensitive. While one chapter cannot cover all possible variations in culture, it will provide a way for you to begin to think about aspects of culture that may be different from your own.

The following resources provide a framework for defining cultural competency, and the specific skills or components to becoming culturally competent.

- Substance Abuse and Mental Health Services Administration (2014). [Chapter 3: Culturally Responsive Evaluation and Treatment Planning](https://www.ncbi.nlm.nih.gov/books/NBK248423/). *Improving Cultural Competence*. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK248423/>
- Substance Abuse and Mental Health Services Administration (2014). [Quick Guide for Clinicians](https://store.samhsa.gov/system/files/sma16-4931.pdf). *Improving Cultural Competence*. Retrieved from <https://store.samhsa.gov/system/files/sma16-4931.pdf>

#### u04s3 - Plan: Week 4 Checklist

Read the [Week 4 Checklist](#) and use it however it is most helpful for you.

#### u04d1 - Write Your Discussion Post

## Cultural Competence and Social Justice

Please answer both parts of this discussion.

### Building Cultural Competence

After learning more about cultural sensitivity and cultural competency in this week's studies, describe an area of cultural competency that you would like to strengthen and how you will go about doing so. Be specific about the ways you can build this skill in cultural competence. Support your thinking with information from this week's readings or other professional or scholarly sources.

### Advocating for Social Justice

Culturally competent counselors understand how social structures can marginalize specific groups of people, which can create differences in opportunities for those groups as compared to other groups.

One example is accessibility for people with disabilities. Changes continue to be made to physical buildings to provide accessibility for wheelchairs and service dogs where none used to exist. It took many people advocating for the changes in order to make them happen. This is just one example of many where psychology and counseling professionals advocate for change through community involvement, sharing research, et cetera.

In your readings this week, Kottler talks about the responsibility of counselors and therapist to contribute to addressing problems in social justice. Counselors and therapists may find different ways to address social justice depending on their role and their geographic location. For example, a marriage and family therapist may find different ways of addressing social disparities than a school counselor.

For this part of the discussion, write about how you might see yourself contributing to advocacy for social justice in your counseling area of interest. It may help to re-visit the section titled "Counselors as Advocates for Social Justice" in Chapter 13 of your Kotler textbook.

## Response Guidelines

Read the posts of your peers and respond to the post of at least two other learners. When responding, seek clarification, share your personal experiences that relate to their experiences, and provide feedback. Cite course readings and other scholarly sources in APA style.

Course Resources

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Psychology Undergraduate Discussion Scoring Guide

#### u04s4 - Prepare: This Week's Assignment

For your assignment this week, after watching an intake session between a client and counselor (below), identify possible initial intake assessment strategies based on current literature. You will also identify a possible theoretical framework that will be appropriate for working with this client.

Review the assignment instructions and watch [Clinical Case Study of John | Transcript](#) video. After you watch the video, think about the following:

- What type of initial intake assessment methods would you use for the first two counseling sessions?
  - Examples include structured or unstructured interview, behavior observations, or depression or anxiety rating scale.
- What are the types of questions you would ask or what background information would you want to know about John?
- What type of assessment tool or tools might you use with John?

In the assignment, you will discuss the theoretical framework and/or evidence-based treatment that you would use for John. Start to conduct research that supports your framework or treatment and explains factors to consider when working with a particular population. You will need three scholarly sources for your assignment.

#### u04a1 - Assessment and Treatment Planning

*Assessment* as defined in the Capuzzi and Gross (2013) text is "a systematic approach to collecting information about a client using a variety of sources and methods" (p. 291).

For the Week 4 assignment, you will view an intake session between a client and counselor and identify possible initial intake assessment strategies based on current literature. You will also identify a possible theoretical framework that will be appropriate for working with this client.

More specifically, describe the type of initial intake assessment methods you would use for the first two counseling sessions (examples include structured or unstructured interview, behavior observations, and depression/anxiety rating scale). Consider the types of questions you would ask or background information you would want to know about the client portrayed in the video. You can also discuss the type of assessment tool or tools you might use with the client, but this is optional. Make sure you address initial intake "assessment" broadly based on the information from the text as well as the media segment. In addition, identify a theoretical framework and/or evidence-based treatment that is appropriate for working with this client.

After watching the [Clinical Case Study of John | Transcript](#) video provided in the Resources, complete the following:

- Introduction (1 paragraph).
- Brief description of the client (1–2 paragraphs).
- Description of a theoretical framework or evidence-based treatment that can be used to work with this client. Be sure to support your conclusions with scholarly sources (2–3 paragraphs).
- Overview of an intake assessment process for this client including background information to explore. Include possible initial intake assessment instruments if applicable and detail what additional information you would need to know to continue working with this client. Be sure to support your conclusions with scholarly sources (2–3 paragraphs).
- Explanation of the factors to consider when working with a particular population, based on relevant or scholarly sources.
- Summary and conclusion (1–2 paragraphs).

### Assignment Requirements

- **Written communication:** Written communication is free of errors that detract from the overall message.
- **APA formatting:** References and in-text citations are formatted according to current [APA style and formatting](#).
- **Length:** 4–5 double-spaced pages of content, in addition to a title page and references page.
- **References:** Use peer-reviewed, scholarly sources to support your paper. A minimum of 3 sources published within the past 10 years is required.
- **Font and font size:** Times New Roman, 12 point font.
- **SafeAssign:** Use the [SafeAssign](#) Draft option to check your writing and ensure that you have paraphrased, quoted, and cited your sources appropriately. Run a SafeAssign report, saving your paper as a draft. Based on your SafeAssign results, make any necessary changes to your paper before submitting your assignment to your instructor for grading.

In addition, look through the Assessment and Treatment Planning Scoring Guide to ensure you have met all of the criteria for the assignment.

**Note:** Your instructor may also use the [Writing Feedback Tool](#) to provide feedback on your writing. In the tool, click the linked resources for helpful writing information.

## Competencies Measured

By successfully completing this assessment, you will demonstrate your proficiency in the following course competencies and assessment criteria:

- **Competency 1: Apply psychotherapeutic methods to case studies.**
  - Describe an assessment process that can be used to work with a particular client.
  - Describe a psychotherapeutic theoretical approach to benefit a particular client.
  - Explain factors to consider when working with a particular population.
- **Competency 2: Apply research findings to support evidence-based interventions in counseling.**
  - Apply research findings to support psychotherapeutic methods chosen for a particular treatment.
- **Competency 3: Write using a clear purpose, organization, tone, and sentence structure.**
  - Communicate clearly with appropriate purpose, organization, tone, and sentence structure.
  - Cite sources using author and year, and provides some reference information required in APA style.

### Reference

Capuzzi, D., & Gross D. R. (Eds.). (2013). *Introduction to the counseling profession* (6th ed.). New York, NY: Routledge.

### Course Resources

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[Writing Feedback Tool](#)

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[APA Paper Template](#)

## Unit 5 >> Counselor Self-Care

### Introduction

## Amara's Story: Mental Health Counselor

Amara was the oldest of six siblings. As such, Amara did a lot of care for her younger siblings. As they grew, the younger children still continued to come to Amara for help and advice when facing challenges. Amara loves her siblings and the role of big sister. She feels that becoming a mental health counselor is a natural fit for her. She feels gratitude for the blessings in her life and wants to share in helping other individuals and families improve their lives.

Her friend Hailey has cautioned her, though, that if she becomes a mental health or other type of counselor, she will need to take care of herself in order to be able to continue to do the work. Hailey cautions Amara about the high rate of burnout in jobs caring for others and encourages her to take care of herself. This is a bit of a foreign concept to Amara, but she is motivated for the work and heeds Hailey's advice and takes steps to learn to take care of herself. She enrolls in yoga and makes sure that she takes breaks from school and work to have some down time to do the things she loves, such as reading for fun, and creating new recipes. This helped to prepare her mentally as she looked into the state licensing requirements for a mental health counselor and learned more about what she can do with her degree and license.

While Andre, Hailey, Kai, and Amara ultimately chose a different area of specialization, they continue to be good support for one another. Although they are busy with work and families of their own, they continue to stay in touch and get together for the occasional dinner. They recall the conversations they had that helped shape the direction of their careers and fully intend to stay life-long friends.

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In recent years, there has been increased attention paid to self-care and personal growth in the mental health field. It is important for counselors to know how to take care of themselves in order to be able to continue the work that they do. A plan to maintain wellness not only benefits Amara as a future counselor, but also her future clients!

In Week 5, we explore the importance of professional self-care and you will develop a personal self-care plan.

To-do list:

- **Discussion:** Discuss a plan for self-care.
- **Quiz:** Take a quiz that checks your knowledge of readings from the textbook.
- **What you need to know:** Learn about the importance of self-care in your professional life.
- **Plan:** Download and read the Week 5 checklist and use however it is helpful to you.

## Learning Activities

### u05s1 - Activity Overview

## Discussion Overview

Discuss a plan for self-care.

## Quiz Overview

Take a quiz that checks your knowledge of readings from the textbook.

### u05s2 - What You Need to Know

## Self-Care

Counselors can be affected by things such as intense work with people who are struggling, burn-out from the pressures of work and personal issues, isolation, and other challenges. It is important for counselors to know how to take care of themselves in order to be able to continue the work that they do.

- Kottler, J. A., & Shepard, D. S. (2015). *Introduction to counseling: Voices from the field* (8th ed.). Stamford, CT: Cengage. ISBN:9781285084763.
  - Chapter 15, "Toward Closure: Advice for the Passionately Committed Counseling Student," pages 443–458.
    - This chapter provides considerations for you to think about in taking care of yourself as a person and a professional.

The following articles provide research on and frameworks for counselor well-being. Use these as a way to understand the needs of professionals and tips for your own self-care as a professional.

- Beaumont, E., Durkin, M., Hollins Martin, C. J., & Carson, J. (2016). Measuring relationships between self-compassion, compassion fatigue, burnout and well-being in student counsellors and student cognitive behavioural psychotherapists: A quantitative survey. *Counselling & Psychotherapy Research, 16*(1), 15–23.
- Nelson, J. R., Hall, B. S., Anderson, J. L., Birtles, C., & Hemming, L. (2018). Self-Compassion as Self-Care: A Simple and Effective Tool for Counselor Educators and Counseling Students. *Journal of Creativity in Mental Health, 13*(1), 121–133.
- Laverdière, O., Kealy, D., Ogrodniczuk, J. S., Chamberland, S., & Descôteaux, J. (2019). Psychotherapists' professional quality of life. *Traumatology, 25*(3), 208–215.
- Sultan, N. (2018). Embodied self-care: Enhancing awareness and acceptance through mindfulness-oriented expressive writing self-disclosure. *Journal of Creativity in Mental Health, 13*(1), 76–91.

### u05s3 - Plan: Week 5 Checklist

Read the [Unit 5 Checklist](#) and use it however it will be most helpful for you.

## u05d1 - Write Your Discussion Post

### Caring for Your Counselor Self

Taking care of oneself as a person and a professional counselor or therapist is a good way to not only continue doing the work you love to do, but to role model self-care to others, including clients.

After reading the studies for this week, think about how you will take care of yourself as a future counselor or therapist. There are many ways to care for oneself that include activities that are personally enriching (that is, hobbies, vacations, meditation, exercise, etc.) and those that are professionally enriching (that is, socializing or peer supervision in reviewing cases with colleagues, attending conferences, etc.).

For this discussion, describe a clear plan for your self-care. Include as many ideas as you can think of that you would like to include and that you can reasonably follow through with. Use professional literature (either from this week's readings or other resources) to support your plan.

### Response Guidelines

Respond to at least two of your peers. Offer insight and ask questions related to their plans for self-care. If you have used sources, cite references in APA style.

Course Resources

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Psychology Undergraduate Discussion Scoring Guide

## u05q1 - Quiz: Knowledge Check

In weeks 3, 4, and 5 you were introduced to concepts related to cultural competency, psychotherapeutic methods, and psychotherapy research. This multiple-choice quiz will help you in gauging your understanding of the concepts in Chapters 5, 6, 7, 8, 13, and 15 of the course textbook, as well as the required articles. The quiz provides an opportunity for you to demonstrate your mastery of the following course competencies:

- Describe psychotherapeutic methods used within the professions of counseling and psychotherapy.
- Apply knowledge of psychotherapeutic methods to problem intervention for diverse populations.
- Apply research findings to problem intervention.

Read the following instructions and parameters before taking the quiz:

- There will be no time limit on the quiz.
- You must access, take, and submit the quiz in this unit. The quiz will be open to take at the beginning of Unit 5.
- Once you have answered each question, submit your quiz to receive credit. It is automatically scored and you will receive feedback immediately. There are 100 total points possible. Each question is worth 5 points.
- You may access the quiz to view the questions; however, you cannot retake the quiz to change your grade. Once the grade is recorded, it cannot be changed.

Click the linked quiz title to access the quiz. If you have any issues with the quiz, contact your instructor.