

PSY 341-01 – Techniques of Counseling
Online
Term IV 2022

Instructor:

Professor Whitney Cranford, MA, CAC-I

Text/Required Materials

Coker University Academic Catalog 2021-2022 (Available Online)

Coker University Student Handbook (Available Online)

Theory and Practice of Counseling and Psychotherapy, 10th Ed. by Gerald Corey

ISBN 9780357671429

- **For this course, we will be using:**
 - **the above book as an e-book via Barnes & Noble College**

Course Description:

This course is designed to provide students concentrating in the counseling track of the psychology major, close supervision in the development of interviewing skills and the development and use of basic counseling skills derived from the major theories of counseling.

Expected Outcomes and Course Mission:

Competence in Psychology 341 will be measured by active participation in weekly Google Meets/Emails, completion of all readings, tests, and discussion posts.

The mission of PSY 341-01-Techniques of Counseling:

1. Identify the skills needed to be an effective counselor.
2. Identify how the different theories fit with techniques that are used in counseling today.
3. Develop a general framework for understanding and practicing consultation.

Coker University Student Covenant:

Coker University is a community dedicated to scholarship and community engagement. Those who join our circle of learning commitment to a lifelong journey of intellectual & personal growth and service to others.

Inspired by the six pillars of Davidson Hall, I agree to uphold the following tenets of the Coker University Student Covenant. I will:

- *Conduct myself with integrity and be responsible for my actions and their consequences.*
- *Respect the rights, property, culture, and beliefs of others.*
- *Engage myself as an honorable scholar inside and outside of the classroom.*
- *Hold myself and others accountable for the sustainability of our environment.*
- *Offer my knowledge and creativity to serve my community.*

- *Contribute to the wider world through a continued pursuit of knowledge.*

As Davidson Hall serves as the center landmark of our campus, so shall these six tenets serve as the foundation for my actions and decisions as a member of this community. By pledging to these tenets, I obligate myself to honor the principles that define Coker University.

Title XI and Reporting of Discrimination and Sexual Harassment:

As a recipient of Federal Funds, Coker University is required to comply with Title IX legislation, which prohibits discrimination on the basis of sex in educational programs or activities, admission, and employment.

Coker's Commitment to Equality Equal access to educational experiences is an important part of the Coker experience. If you feel you have been discriminated against based on your sex, gender, gender identity/expression, or sexual orientation, or if you have experienced sexual harassment, misconduct, or violence, we encourage you to report this to a member of the Coker Community.

What is Sexual Harassment? Sexual harassment is unwelcome conduct of a sexual nature, including unwelcome sexual advances and requests for sexual favors. Sexual violence is a form of sexual harassment and includes sexual assault, dating violence, domestic violence, rape, sexual battery, sexual coercion, and sexual exploitation.

Who Can I Talk to? While faculty and staff are happy to listen to your concerns, please be mindful of how much you wish to disclose since all Coker faculty and staff members are 'mandatory reporters.' This means that if they are made aware of potential discrimination, harassment, misconduct, or violence that has occurred involving any Coker student, staff, or faculty member, they are required by law to report it to Coker's Title IX Officer. This includes incidents that occur on campus or at an off-campus Coker-sponsored event or activity in the recent present or in the past. Of course, you may also contact Coker University's Title IX Coordinator, Michael Williamson Student Center, 2nd floor, mwilliamson@coker.edu, 843-383-8194 directly. At any time that you fear for your immediate safety, contact Campus Safety (843-383-8140) or dial 911.

Confidential Reporting If you wish to talk with someone who is better able to keep your information confidential, please visit or call Coker's Center for Health and Wellness ([843-917-4044](tel:843-917-4044)).

Academic Honesty: All work that is submitted should be your own work. Cheating or plagiarism will not be tolerated. Any instance of cheating or plagiarism, including but not limited to turning in work that is not your own, submitting work that is completed with unauthorized assistance, helping someone else commit an act of academic dishonesty, lying about work or absences, inventing false information or citations, etc. Appropriate consequences will be determined by the instructor after meeting with the student.

Academic Expectation: Intellectual honesty and integrity are the cornerstones of Coker University's educational mission. Student academic work is expected to unquestionably represent the student's own thoughts and words. Students must thoroughly and appropriately acknowledge sources for words or ideas that have been generated by others. It is each student's responsibility to be familiar with appropriate citation techniques and to acknowledge the intellectual and creative contributions of others in all academic work done at the University.

Attendance Policy: Class meeting attendance and participation is necessary for academic success. How can you learn if you do not attend the meetings? It is imperative that everyone arrives on time to each and every meeting to realize the full benefit of the course. Synchronous meetings will be held every other week. Students are to follow the guidelines, provided in a separate rubric, to ensure they maximize their full potential in each meeting. Anticipated, necessary absences should be cleared with the instructor prior to being absent from class. Student athletes should email the instructor prior to any sports-related absences. Missing more than 3 classes, without a valid excuse, will result in repeating the course. Communication is key, not just in class but also in life! If synchronous meeting times do not fit with students schedules, it is recommended that you drop the course.

The University is required to verify academic participation to remain in compliance with federal financial aid regulations. For this reason:

- Students enrolled in an in-seat course must be in attendance at each scheduled meeting after drop/add through the attendance verification period unless the absence has been previously discussed in writing with the instructor.
- Students enrolled in a hybrid course must be in attendance at the in-seat meeting during the attendance verification period and have completed a minimum of one assignment and/or discussion. Unavoidable absence should be discussed in writing in advance with the instructor.
- Students who have not “attended” by the end of the attendance verification period will be dropped from the course roster.
- Students who stop attending a course after the verification period has ended and later seek to withdraw from the course should be aware that Coker is required to verify their last day of attendance or academic participation in the course and use that date as the withdrawal date. This could lead to federal financial aid penalties.
- Students who stop attending a course after the verification period has ended without officially withdrawing from the course and receive a grade of F should be aware that their last date of attendance or academic participation in the course is recorded and this could lead to federal financial aid penalties.

Confidentiality: There will be times where the discussion becomes personal, prompting the sharing of personal stories, experiences, and knowledge. It is expected that **all** discussion remains between student, peers, and instructor, unless a life-threatening issue arises.

Special Accommodations: Reasonable accommodations will be provided for qualified students with documented physical, sensory, learning or psychiatric disabilities that require assistance to fully participate in this class. If a student has a disability that will likely need some accommodation by the instructor, the student should contact Robin Richardson in the Learning Support Services Office (rrichardson@coker.edu) to provide the necessary documentation. No accommodations can be made without documentation from LSS. The student is solely responsible for contacting Robin Richardson.

Late Work: All work is due at the time indicated on the assignment syllabus or discussed in our meetings. I expect that students will complete their work by the assigned due date. If a student is struggling to do so, it is imperative that students communicate with me as soon as possible. Communication is key, not just in class but also in life!

Course Requirements:

Meetings: This class will utilize Google Meets for appointed meetings. This class will operate synchronously and asynchronously. The instructor will hold meetings for students to practice the skills they have learned. These meetings will be held every other week during the course and/or more frequently if the instructor sees fit. Meeting times and dates will be finalized closer to time. Students should choose one meeting time each week to attend from a separate schedule provided. Students will also be provided with a rubric to help them maximize their full potential at each meeting.

Readings: I expect that students will read all assigned materials and will be willing to ask questions about concepts that they do not understand or about which they would like more information. Meetings will not be about me repeating all of what you read --- it will be about expanding upon and deepening your understanding of the information, and practicing the skills that coincide with each theory of therapy. So, the take-home message is: Read and ask questions!

Discussion Posts: There will be weekly discussion posts to help students apply what they learn, and also be able to benefit from the thoughts and feedback of their peers. Posts will be related to the theory/topic covered that week.

Assignments: Students will have weekly assignments to help you go deeper into a particular therapy skill and utilize your critical thinking skills as it relates to the theory/topic covered that week.

Final Project: Students will be assigned a partner to work with for this assignment in which they will choose a particular theory they identify with and show the skills and techniques of counseling they have learned that apply with this particular theory. More details will be provided closer to time.

Syllabus is subject to change at the discretion of the instructor