

## CALENDAR OF EVENTS

### -- SYNCHRONOUS VIRTUAL INSTRUCTION ONLY --

Class meets on Wednesdays

1:00 p.m. to 3:50 p.m.

Via Zoom

#### Week 1: Wednesday, August 19, 2020

Introductions; getting to know you

The various kinds of helping professions;

how they're interrelated and how they're different.

History of the development of the Counseling Profession

What is counseling, anyway?

The Core Conditions of Counseling

Tour of Counseling Lab

Use of the Internet in counselor training

**Assignment:** Martin: Chapter 1 - The Third Alternative: Evocative Empathy  
Chapter 2 - Learning to Hear

#### Week 2: Wednesday, August 26, 2020

Issues of wellness; essential preventative  
measures for counselor AND client!

Labor market for counselors and consultants

Interdisciplinary roles of counselors

The Core Conditions of Counseling (continued)

Introduction to the Carkhuff Rating Scale

Basic Skill Screening Pre-Test

**Discuss:** The Counselor: Person and Professional

**Assignment:** Martin: Chapter 3 - Finding the Words  
Chapter 4 - Confronting Experience  
Chapter 13- Other Formats: Building on the  
Foundation

**Week 3: Wednesday, September 2, 2020**

Advocating for the profession through professional organizations  
Lobby-ing congressional leaders on state and federal levels  
Counseling Issues needing Congressional approval (Medicare)  
Beginning the counseling process  
Basic listening skills  
Basic Skill Screening Pre-Test (continued)

• **Vignettes Posted: AB**

- Assignment:** Martin: Chapter 5 - The Basic Principle: The Client is the Problem Solver

**Week 4: Wednesday, September 9, 2020**

Technology and counseling, developing new methods of delivery  
Basic listening skills  
Counselor self-evaluation  
Counselor self-care (burnout prevention)  
Consultation as a professional role  
More on the Carkhuff Rating Scale  
Introduction to the systems perspective as a way to conceptualize clients and their concerns.  
Skills development with the "vignette tape"

• **Vignettes Posted: CD**

- Professional Content Update #1 due next week**

- Assignment:** Martin: Chapter 6 - Relationship Issues  
Chapter 9 - Learning to Hear

**Week 5: Wednesday, September 16, 2020**

**Professional Content Update #1 due**

Self-disclosure, Genuineness, Immediacy: The "higher-order skills"  
Finish "vignette tape"  
Putting the client in charge of her/his life. Changing the system!  
How self-determination affects health and general wellness.  
Confronting your client

• **Vignettes Posted: EF**

- Assignment:** Martin: Chapter 10 - Assessment

- Assignment:** **Ethical Standards (download; read designated sections)**  
[http://hdansmith.com/200pdf/ACA\\_code\\_A-B.pdf](http://hdansmith.com/200pdf/ACA_code_A-B.pdf)

**Week 6: Wednesday, September 23, 2020**

Discussion of "ethics"; Tarasoff, mandated reporting, confidentiality  
Ethical considerations for professional consultation

More on professional organizations and credentialing bodies

*Discuss: ETHICS all day long. Have your Ethics Download handy!*

• **Vignettes Posted: GH - THESE WILL BE OPERATIONAL FOR TWO WEEKS!**

**Assignment:** Martin: Chapter 12- Beginning and Ending  
Chapter 14- Taking Care of Yourself  
Chapter 15- Why Theory and Evidence

**Assignment:** Exam next week; Martin Chapters 1-6, 9-15; ethics

**Week 7: Wednesday, September 30, 2020**

**Exam.** Martin Chapters 1-6, 9-15; ethics, class discussion

**Week 8: Wednesday, October 7, 2020**

More on general counseling strategies/techniques

Work in fishbowl or booths; do we notice any wellness  
issues that may be emerging in our fishbowl work?

*Discuss: Psychoanalytic Therapy and Adlerian Therapy*

• **Vignettes Posted: IJ**

**Professional Content Update #2 due next week**

**Week 9: Wednesday, October 14, 2020**

**Professional Content Update #2 due**

More on general counseling strategies/techniques

Work in fishbowl or booths

*Discuss: Existential Therapy & Person-Centered Therapy*

• **Vignettes Posted: KL**

**Week 10: Wednesday, October 21, 2020**

Work in fishbowl or booths

*Discuss: Behavior Therapy*

• **Vignettes Posted: MN**

**Assignment:** Martin: Chapter 16- The Nature of Emotional Problems  
Chapter 17- A Theoretical Understanding of Therapy

**Week 11: Wednesday, October 28, 2020**

**Group Project Day! Each group has 20-minutes to "do your thing."**

Work in fishbowl or booths

**Discuss: Cognitive Behavior Therapy**

**• Vignettes Posted: OP**

- Assignment:** Practice your counseling skills on everyone you know.  
Don't tell them! Be mindful of systemic issues.
- Professional Content Update #3 due next week**

**Week 12: Wednesday, November 4, 2020**

**Professional Content Update #3 due**

Review of skills

Work in fishbowl or booths

**Discuss: Feminist Therapy**

**• Vignettes Posted: QR**

- Assignment:** Practice your counseling skills on everyone you know.  
Don't tell them!
- Assignment:** Martin: Chapter 8 - Beyond Skills  
Appendix B - On Being a Client

**Week 13: Wednesday, November 11, 2020**

Review of skills

Work in fishbowl or booths

**• Vignettes Posted: ST - THIS IS THE FINAL VIGNETTE ASSIGNMENT!**

- Assignment:** Practice your counseling skills on everyone you know.  
Don't tell them!
- Assignment:** Martin: Appendix A - Observing Bob Lee  
Appendix A - Observing David Martin  
Appendix A - Observing Morgan Henderson

**Week 14: Wednesday, November 18, 2020**

Work in booths

**Discuss: Family Systems Therapy**

- Assignment:** Practice your counseling skills.
- Assignment:** Martin: Chapter 18 - Research Evidence

**Week 15: Wednesday, November 26, 2020 - No Class Today. Thanksgiving!**  
**ENJOY YOUR FRIENDS AND FAMILY, AND BE THANKFUL**

---

**Week 16: Wednesday, December 2, 2020**

Your "Professional Identity and Self-Growth" paper is due today

Work in booths

- Assignment:** Practice your counseling skills on everyone you know. Don't tell them!

**Week 17: Wednesday, December 9, 2020 - FINAL DAY OF CLASS**

Work in booths

- Assignment:** Practice your counseling skills on everyone you know. Don't tell them!
- Assignment:** Final Exam next week. Comprehensive; essay . . .

----- End of Regular Class Meetings -----

**Week 18: Wednesday, December 16, 2020 - FINAL EXAM**

**FINAL EXAM SCHEDULE: Wednesday, December 16 from 1:15 p.m. to 3:15 p.m.**

**FINAL EXAMINATION:** Martin Chapters 8, & 16-18; ethics, discussion.