



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 24, 2022

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 31, 2022

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 7, 2022

Advocating for the profession through professional organizations

Lobbying congressional leaders on state and federal levels

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 14, 2022

Technology and counseling, developing new methods of delivery

Basic listening skills

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 21, 2022

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

Week 6: Wednesday, September 28, 2022

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, October 5, 2022

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

Week 8: Wednesday, October 12, 2022

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 19, 2022

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 26, 2022

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, November 2, 2022

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 9, 2022

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 16, 2022

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 23, 2022 - No Class Today. Thanksgiving!

ENJOY YOUR FRIENDS AND FAMILY, AND BE THANKFUL

Week 15: Wednesday, November 30, 2022

Work in booths

Discuss: Family Systems Therapy

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

Week 16: Wednesday, December 7, 2022 - 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 14, 2022 - FINAL EXAM

FINAL EXAM SCHEDULE: Wednesday, December 14 from 1:15 p.m. to 3:15 p.m.

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