I. Course Code: HS 203

II. Course Title: Counseling Techniques

III. Prerequisite: HS 101 Intro to Human Services

IV. Number of Credits: 3

V. Instructor’s Name: Michael F. D’Arcangelo, Coordinator, Human Services Program
                      MSW, LCSW, LCADC, SAP, SSW, SAC
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                Passaic County Community College
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Office Hours: Schedule posted on office door.

ADDENDUM TO SYLLABUS AND PROGRAM POLICIES
and COURSE MATERIALS
ARE LOCATED ON BLACKBOARD
AND THE HUMAN SERVICES LIBGUIDE
VI. Course Description:

In this course, students will acquire communication skills as functions of counseling individuals and groups including, but not limited to, active listening, paraphrasing, self-disclosure, and confrontation. The major psychological therapies will be discussed. Students will acquire the skills needed to personalize their counseling style; and, through lecture, individual and group role play, and case material, the skill to incorporate their personal style into counseling sessions.

VII. Course Outcomes:

Upon completion of the course, the student will be able to:

1. Demonstrate a counseling style that incorporates respect, genuineness, acceptance, empathy, effective communication skills, and problem solving skills
2. Integrate his/her personal counseling style into counseling sessions
3. Facilitate a counseling session utilizing one major psychology theory during the role play
4. Identify the ethical, cultural, and legal issues concerning the human services profession
5. Construct a psychosocial assessment including a diagnostic impression using clinical language and the current Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
6. Summarize and assess research on a psychological theory

VIII. Course Outline:

- Week 1: Overview of course
  Overview of Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
  Overview of Diagnosis, Mental Status Exam, and Plan for Treatment
  Read Section 2, Chapter 1: Screening, Intake, Orientation, and Assessment

- Week 2: Review Case Study (including DSM-5 Diagnosis, Plan For Treatment, and Mental Status) *
  Review Section 2, Chapter 1: Screening, Intake, Orientation, and Assessment

- Week 3: Case Study * will be reviewed
  Psychosocial Assessment ** will be reviewed
  Review Plan for Treatment
  Review Section 2, Chapter 1: Screening, Intake, Orientation, and Assessment
Week 4: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
Read Section 2, Chapter 2: *Counseling and Additional Information on Basic Counseling*

Week 5: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
**Overview of Psychodynamic Theory** *** due  
Review Section 2, Chapter 2: *Counseling and Additional Information on Basic Counseling*

Week 6: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
**Overview of Client-Centered Therapy** *** due;  
Read Section 2, Chapter 3: *Treatment Planning and Case Management*

Week 7: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
**Overview of Gestalt Therapy** *** due;  
Review Section 2, Chapter 3: *Treatment Planning and Case Management*;  
Read Section 3, Chapter 1: *Psychological Based Therapies*

Week 8: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
**Overview of Rational-Emotive Therapy** *** due;  
Review Section 3, Chapter 1: *Psychological Based Therapies*;  
Read Section 3, Chapter 7: *Motivational Interviewing*

Week 9: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
**Overview of Reality Therapy** *** due;  
Review Section 3, Chapter 7: *Motivational Interviewing*

Week 10: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
**Overview of Behaviorism** *** due;  
Review Section 3, Chapter 7: *Motivational Interviewing*

Week 11: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed  
**Counseling Session Role Play** ****

Week 12: **Case Study** * will be reviewed  
**Psychosocial Assessment** ** will be reviewed
Counseling Session Role Play ****

- Week 13: Case Study * due;
  Psychosocial Assessment ** due;
  Counseling Session Role Play ****

- Week 14: Counseling Session Role Play ****

- Week 15: Counseling Session Role Play ****

ALL ASSIGNMENTS (except the Case Study and Psychosocial Assessment) MUST BE SUBMITTED THROUGH BLACKBOARD AND WILL BE CHECKED FOR PLAGIARISM. HARD COPIES MUST ALSO BE SUBMITTED TO INSTRUCTOR ON DUE DATE AND MUST MATCH THE SUBMISSION TO BLACKBOARD.

Assignments:
1. Case Study
2. Psychosocial Assessment
3. Overview of Psychodynamic Theory
4. Overview of Client-Centered Therapy
5. Overview of Gestalt Therapy
6. Overview of Rational-Emotive Therapy
7. Overview of Reality Therapy
8. Overview of Behaviorism

*Each student will receive a Case Study. Students will analyze the case, diagnose the client, and formulate a plan of treatment. Case Studies will be reviewed in each class starting in Week 3. This project requires a Title Page and must be formatted using the approved American Psychological Association (APA) template for Page 1 of the Annotated Bibliography found on the Human Services Program Information LibGuide. This project must be typed; 12-point Times New Roman type; double spaced; stapled. The Case Study must be submitted by the 13th week of classes. Keep a copy of all submissions. PAPERS WILL NOT BE ACCEPTED AFTER THE DUE DATE.

**Each student must submit a Psychosocial Assessment based on the Case Study and incorporate the definitions you have learned. This project requires a Title Page and must be formatted using the approved APA template for Page 1 of the Annotated Bibliography found on the Human Services Program Information LibGuide. This project must be typed; 12-point Times New Roman type with headings in bold type; double spaced; stapled. The Psychosocial Assessment must be submitted by the 13th week of classes. Keep a copy of all submissions. PAPERS WILL NOT BE ACCEPTED AFTER THE DUE DATE. The following headings (in bold type) must be contained in your Psychosocial Assessment:
a. Presenting Problem (client’s own words)
b. Personal Status
c. Medical History and Current Status
d. Family History and Current Relationships
e. Mental Health History
f. Drug History and Current Patterns of Use
g. Substance Abuse and Mental Health Treatment History
h. Education
i. Employment
j. Crime or Delinquency
k. Positive Support Systems
l. Readiness for Treatment
m. Resources and Responsibilities
n. Mental Status Exam
o. Diagnosis from DSM-5

Information on the above headings is located in the textbook in Section 2: Core Functions.

*** Overviews of Psychological Theories/Therapies. Students must submit an overview of each of the psychological theories/therapies listed under Assignments. Each paper is due on the scheduled date. PAPERS WILL NOT BE ACCEPTED AFTER THE DUE DATE. Write a summary of each theory/therapy. Each paper requires one (1) peer reviewed journal article. Paper must be one (1) page typed plus title page and reference page. Paper must be typed; 12-point Times New Roman type; double spaced; stapled. Submit with title page; follow instructions for Page 1 of Annotated Bibliography on the Human Services Program Information Libguide. Papers are due on the 5th, 6th, 7th, 8th, 9th, and 10th weeks of classes. Keep a copy of each paper. PAPERS WILL NOT BE ACCEPTED AFTER THE DUE DATES.

**** Each student will have the opportunity to facilitate a Counseling Session during Role Play. One student will role play a “client” using his/her approved issue; another student will counsel the “client” using proper counseling techniques.

eTutoring
eTutoring is a professional tutoring service, paid for by PCCC, provided free to all PCCC students. The URL is www.etutoring.org. Students upload writing assignments (for this or any class) to eTutoring and receive feedback on their assignments within 48 hours. Information on using eTutoring is available in the Writing Center and at http://pccc.libguides.com/etutoring.

Tutoring Center
Help with this paper is available at the Tutoring Center on the second floor of the Memorial Building.
Writing Center
Students may take any writing assignment to the Writing Center for extra help. The Center also offers a series of workshops designed to help students with general writing concerns. The Writing Center’s libguide (website) is located at http://pccc.libguides.com/writingcenter and gives information about the Center, scheduling appointments, and upcoming workshops. **Students need to make an appointment to use the Writing Center.** Information on setting up an account and using WCOnline (the scheduling software) can also be found at http://pccc.libguides.com/writingcenter by clicking on the “Make an Appointment” tab. Going to the Writing Center unprepared will prevent you from getting help with your writing.

Source Citation Examples
There are examples of source citations at OWL Purdue: http://owl.english.purdue.edu/owl/resource/560/10/

IX. Addendum to Syllabus and Program Policies:
The Addendum to Syllabus and Program Policies document located on the Human Services Program LibGuide is part of this Syllabus.

X. Text(s), Journals, and Other Materials Used in the Course:

**Required Text:**

Scheel, K. (2014). *The fundamentals of counseling: A primer* (7th ed.). Santa Fe, New Mexico: Distance Learning Center, LLC.

**Highly Recommended Text:**

*Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)* which is available in the PCCC Bookstore or at a link on the Human Services Program homepage.
XI. **Methods of Evaluation:**

A. **Grade Determinants:**

- 30% Attendance
- 30% Overviews of Psychological Theories/Therapies
- 15% Case Study
- 10% Psychosocial Assessment
- 15% Counseling Session Role Play

B. **Course Grading:**

- A 95-100
- A- 90-94
- B+ 87-89
- B 84-86
- B- 80-83
- C+ 77-79
- C 70-76
- D 60-69
- F Below 60

XII. **Notification for Students with Disabilities:**

If you have a disability and believe you need accommodations in this class, please contact Disability Services staff at 973-684-6395 or email ods@pccc.edu to make an appointment. You should do so as soon as possible at the start of each semester. If you require testing accommodations, you must remind the Instructor one week in advance of each test. More info at pccc.edu/ods.

“Only those who risk going too far can possibly find out how far one can go.”

T.S. Eliot