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CAS 201.V50: Theories of Counseling

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CAS 201 Theories of Counseling Syllabus
Spring 2022
The University of Montana, Missoula College

Instructor Information

Emily Anderson, MA, LCPC, LAC
Email: Emily5.Anderson@umontana.edu
Office hours: *by appointment*

SCHEDULED CLASS MEETINGS

Tuesdays and Thursdays on Zoom 12:30-1:50pm
Zoom link on Moodle

REQUIRED READINGS

1. *Theory and Practice of Counseling and Psychotherapy*, Gerald Corey, 10TH ED

COURSE DESCRIPTION

CAS201, Theories of Counseling is a survey of various approaches to counseling and psychotherapy. The course is a mixture of lecture, discussion, experiential learning, demonstrations, role playing, viewing counseling sessions, and practice of the major contemporary models of counseling. Ethical and professional issues are also addressed.

LEARNING OUTCOMES

The purpose of the course is to expose you to a variety of contrasting theoretical models underlying both individual and group practice in counseling. Specific learning outcomes are:

1. To provide you with information about the therapeutic process and the practical elements of the counseling interaction and demonstrate the practical application of these elements.
2. To provide you with an experiential laboratory to learn and practice listening and attending skills essential to the counseling process.
3. To expose you to a variety of ethical and professional issues in counseling and to guide you in developing a position on these issues.
4. To develop an interest in reading in the counseling field.
5. To develop self-evaluation skills, writing skills, and critical thinking skills.
6. Demonstrate the ability to do integration of theoretical and experiential learning in order to form your own personal model of the counseling process.
7. Evaluate your own qualities that support and hinder your attempts at being therapeutic for others.
8. Demonstration of understanding of ways of applying eleven theories to specific cases. You will have opportunities to practice working with these cases.
9. To encourage you to apply all of the theories you are studying to yourself personally.

ZOOM ETIQUETTE/ONLINE LEARNING

CAS201 is a remote learning class that meets synchronously over Zoom. Below are some simple etiquette guidelines for participating in online video platforms as a learner and participant.

General guidelines:

- Reliable internet connection
- Camera and microphone enabled on computer
- Decent front lighting and background
- Prepared (camera ready, not eating or attending to other tasks)
- Minimize distractions
- Appropriate clothing
- Keep microphone muted when not speaking

Potential issues/distractions:

- Attending to other tasks during class
- Unintended items shown during screen share
- Background noise
- Interruptions (by other people in your home/setting)
- Eating
- Signs of boredom via utterances or behavior
- Alerts/notifications from technology
- Camera or microphone on without knowledge

COURSE EXPECTATIONS

Students are expected attend all scheduled classes on time and participate in the planned events for the day. Students should inform instructor if they are ill. It will be impossible to pass this class with frequent absences.

Please respect confidentiality, as confidentiality is a necessity. Students might volunteer to share personal information during class discussions or demonstrations. This is an important part of the learning experience and the student's right to privacy must be respected by all. Being actively involved in the class sessions and the small groups entails some level of personal self-disclosure.

Because of the nature of the vulnerability, trust, and openness needed to learn about counseling, it is extremely important that confidentiality be maintained. Revealing personal information about others outside of the classroom is a breach of confidentiality. If you wish to share with others outside of the classroom, please reveal only your own reactions and understanding and avoid using names or identifying features of your classmates.

It is expected that anyone who participates in a demonstration of either an individual session in this course will have his or her confidentiality respected. Please do not record any lectures, discussions, or demonstrations. The instructor will ask for your consent to record lectures only to share with absent students.

You are expected to be an active learner in this course, which includes actively participating in the class discussions and group discussions. This class will involve some degree of self-exploration and interpersonal learning. You are also expected to bring questions for discussion to the class sessions and demonstrate that you are keeping up to date with your reading assignments.

ATTENDANCE

Please plan to attend class for the full length of class, unless you have an emergency situation or are very ill. All students will be allowed one absence without explanation. Further absences should be accompanied with written documentation in order for these to not negatively affect your grade. Excessive absences or tardiness could result in getting a full grade deducted (or in some cases even failing the course).

According to the UM's Academic Policies and Procedures (see <http://www.umt.edu/catalog/acad/acadpolicy/default-print.html>), I will excuse the following with written documentation:

1. an illness or injury
2. a family emergency
3. religious observance
4. participation in a university sponsored activity

If you miss an assignment, exam, or participation points due to one of these exceptions, valid documentation *must* be provided in order to make it up.

STUDENT CONDUCT CODE

The Student Conduct Code, which can be found here: [Student Conduct Code](#), will be enforced in this class. Specifically, cheating in any form will not be tolerated. You are not allowed to collaborate on any exam, assignment or discussion with anyone, including, but not exclusively, students who have previously taken this course, graduate students in psychology or related disciplines, friends, etc. All assignments and papers must be completed independently, unless otherwise stated in the instructions (i.e., group projects) or when students seek services from the Writing Center or tutoring. All exams must be completed independently, unless accommodations have been approved by your instructor. Plagiarism or cheating will result in an F on the exam, assignment, or discussion, and it will be reported to Department Chair and/or the Dean. The instructor reserves the right to assign an "F" for the course if cheating or plagiarism occur. Additionally, you are subject to University sanctions, suspension or expulsion.

- If you do not know what plagiarism is, you can ask me, visit the Writing Center at the Mountain campus in Liberal Arts 144 or call 406-243-2266, check with Mansfield Library 406-243-6866, or at the Missoula College campus Learning Center: 406-243-7826.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with DSS, please contact DSS.

- **Missoula College students:** Contact DSS at 406-243-7931 or via email
- **Mountain campus students:** Contact DSS at 406-243-2243 or via email, DSS.

I will work with you and DSS to provide reasonable modifications. “Reasonable” means the University permits no fundamental alterations of academic standards or retroactive modifications. For more information, please consult [DSS](#).

STUDENT SUPPORT FOR ONLINE AND REMOTE LEARNING

Supports are available for many facets of student life: academic, staying connected, and personal well-being. The following are resources, strategies, and links for students. [Keep on Learning](#) provides strategies for supporting students for online and remote learning and the Student Resources tab at the [Moodle home page](#) provides links to updated resources as well.

Tutorials:

- [Moodle 101 for Students](#): A self-enrollable, technical step-by-step tutorial on how to use Moodle as a student.
- [Strategies for Online Students](#): A self-enrollable, self-paced tutorial for students to help them identify their preferred learning styles and learn strategies for being a successful online student.

Academic Strategies:

- Pay attention to communications
- Keep up on coursework
- Avoid distractions
- Maintain a normal daily routine
- Ensure your tools are working
- Identify plans ahead of time
- Have a backup plan
- Use [Navigate for Students](#) to help manage your class schedule
- Use a phone app that can be used for planning and managing time or download the simple weekly planner found in the Learning Strategies module of [Strategies for Online Students](#) tutorial to help you get organized.

Academic Support:

- [Advising Center](#) and [Tutoring Resources](#): Schedule advising or tutoring appointments, available online or by phone. Tutoring available for math, writing, public speaking, Study Jam groups, and TRiO services.
- [Office for Disability Equity](#): Ensures students receive appropriate accommodations, services, and assistance to fully access the campus programs and facilities.
- [Writing and Public Speaking Center](#): Provides help at any point with writing, presentation, and research projects. Online and in-person appointments available.
- [Office for Student Success \(OSS\)](#): Helps students to meet three goals: transition smoothly to college, remain enrolled and progress in a program of study, and graduate in a timely manner.
 - [OSS COVID-19 Website](#)
 - Download the OSS [Online Student Success Guide](#) or [condensed Student Success Checklist](#)

Tools and Spaces:

- **Tools for online and remote learning include:** Moodle, Zoom, UM mobile app,

Navigate app, Cyberbear and UMBBox. Find specific information about these tools at [Keep on Learning - Tools](#).

Remote Learning Spaces: The University of Montana has many areas where there are strong Wi-Fi signals and good study spaces. Should you need to attend a class remotely we encourage you to look for a space in the library or the University Center. You can [reserve and checkout Wi-Fi hotspots](#) from the library which allow you to create a Wi-Fi signal wherever you have a good cellular signal.

Computer labs: [Check availability of computer stations and labs](#) across campus.

Mansfield Library:

- [Library Hours](#)
- [Request learning technology](#): laptops, webcams, and WiFi hotspots
- [Mansfield Library Remote Services](#)
- **Technical Support:**
 - The UM IT Help Desk is available to provide technical support from 8AM-5PM, M-F.
 - For help with email, UMBBox, Zoom, or other technical issues:
 - Call 406-243-HELP
 - Submit a ticket by emailing ithelpdesk@umontana.edu or by filling out the [General Help/Questions request form](#).
 - For help with Moodle:
 - Call 406-243-HELP
 - Submit a ticket by emailing umonline-help@umontana.edu or by filling out the [Moodle Help request form](#).
 - View [UM IT's Self-Help Articles](#).

Communication and Staying Connected:

- [The Branch Center](#): A space dedicated to promoting respectful and collaborative dialogue, programming, and resources, in an effort to foster understanding, support, and inclusion for underrepresented students.
- [University of Montana app](#): Download to stay connected! There is an updated virtual events and activities tab to keep you connected to your fellow Grizzlies. It is available for download on the [iPhone App Store](#) or [Google Play](#).
- [Join UM-alerts](#): Subscribe by texting "Join UM-alerts" to 30890. Signing up for these alerts will inform participants, via direct text message, of immediate safety and health notices. [The University of Montana's Emergency notification system](#) will also transmit an email with emergency information to all 'umontana' e-mail addresses.
- Look for the UM Student Weekly Events every Monday in your UM email.
- Stay informed with [UM Events](#) and [UMNews](#).
- Get involved! Use [Griz Hub](#) to stay connected to the campus community.

Personal Wellness Supports:

- [Curry Health Center](#): Provides quality, affordable, accessible health care for students.
 - Call (406) 243-2122 to schedule a tele-health appointment with medical or counseling
 - [Be Well at Home](#)
 - [What to do if I think I have been exposed to COVID-19?](#) (scroll down the page)
- [Campus Rec](#): Keep up with your fitness workouts! Check out the Campus Rec website for modified hours and classes available.
- [University of Montana Emergency Student Support Fund](#): Established to help

enrolled students with unexpected crisis or hardship created by COVID-19.

- **UM Food Pantry:** Currently providing free meal kits and hygiene products for students, staff, faculty, and community members.

MISSOULA COLLEGE DIVERSITY STATEMENT

Missoula College values the diversity of its students, faculty, and staff as an essential strength that contributes to our shared educational mission. Students of all backgrounds and perspectives are recognized and respected in this class. Course content and activities are intended to honor diversity of gender, sexuality, ethnicity, race, culture, religion, age, disability, socioeconomic status, and all dimensions of diverse human experiences and their intersection. Please notify your instructor if components of this course present barriers to your inclusion. Students can also reach out to Dr. Salena Beaumont Hill in the [Office of Inclusive Excellence for Student Success](#), which provides student support for BIPOC and LGBTQ+ students and student groups. To explore making a formal report about discrimination or harassment, please visit the [Equal Opportunity / Title IX office](#). For counseling or advocacy related to discrimination, please visit [SARC](#).

COVID-19 SAFETY PROCEDURES STATEMENT

The University of Montana is requiring mask usage in all classrooms and labs regardless of vaccine status. New cases of COVID-19 are increasing in Missoula County and across Montana. The University of Montana is following the Missoula City-County Health Department and CDC guidance to help slow the spread of COVID-19. Because the conditions, rules, guidance, and recommendations surrounding the COVID-19 pandemic continue to evolve rapidly, these guidelines are subject to change.

- If you feel sick and/or are exhibiting COVID-19 symptoms, please do not come to class. You can contact the Curry Health Center at (406) 243-4330.
- If you are required to isolate or quarantine, you will be supported, and it is the hope to ensure continued academic progress.

Suggestions for Getting the Most From The Course:

1. Please read the contents in this syllabus carefully. Any questions you have will be clarified during the first and second week.
2. Decide at the outset if you have the time and are willing to devote the time and effort needed to do a quality job for this important course in your major.
 1. The required readings for the *Theory and Practice of Counseling and Psychotherapy* – should be completed each week on time. Come to class prepared to ask questions or raise issues based on the readings.

GRADING PRACTICES AND POLICIES

Your grade for this course will be based on the following:

A. Tests 50% total		
Midterm	Chapters 2, 3,4, 5, 6, 7, 8	15%
Midterm	Chapters 9, 10, 11, 12, 13	15%
Comprehensive Final Exam		15%
B. Applied Theory Paper (including theory tests pre and post)		25%
C. In-class quizzes and assignments		10%
D. Attendance, Preparedness, Professionalism, Participation		20%
		=100%

93-100%	A	73-76%	C
90-92%	A-	70-72%	C-
87-89%	B+	67-69%	D+
83-86%	B	63-66%	D
80-82%	B-	60-62%	D-
77-79%	C+	< 60%	F

MY COMMITMENT

As the instructor of this course, I will do all I can to make this an interesting and meaningful learning experience for you.

STUDENT INVESTMENT

Students need to be prepared for this class by reading the assigned materials *by* Tuesday of each week.

Below is the tentative timeline for our course.

Week	Topic	Reading due Tuesday of assigned week
1/18 and 1/20	Introduction and Overview	Chapter 1
1/25 and 1/27	Ethical Issues in Counseling	Chapter 2 and 3, theoretical orientation test due Friday 1/28 at 11:59pm on Moodle
2/1 and 2/3	Psychoanalytic	Chapter 4

2/8 and 2/10	Adlerian Therapy	Chapter 5
2/15 and 2/17	Existential Therapy	Chapter 6
2/22 and 2/24	Person-Centered Therapy	Chapter 7
3/1 and 3/3	Gestalt Therapy	Chapter 8
3/8 and 3/10	Review of Chapters 1-8 Midterm (no class 3/10)	Midterm #1 opens Thursday 3/10 at 8am and closes Sunday 3/14 11:59pm
3/15 and 3/17	Behavior Therapy	Chapter 9
3/29 and 3/31	Cognitive-Behavior Therapy	Chapter 10
4/5 and 4/7	Reality Therapy	Chapter 11
4/12 and 4/14	Feminist Therapy	Chapter 12
4/19 and 4/21	Postmodern Approaches	Chapter 13
4/26 and no class 4/28	Family Systems Therapy Midterm (no class 4/28) Chapters 9-14	Chapter 14 Midterm #2 opens Thursday 4/28 at 8am and closes Sunday 5/1 at 11:59pm
5/3 and 5/5	Integrative Approach	Chapter 15 and Chapter 16 Theory Paper due Friday 5/6 at 11:59pm on Moodle
Week of 5/9	Cumulative Final Exam Covering all Chapters	Final Opens Monday 5/9 at 8am and closes Thursday 11:59pm