

1-2014

CHTH 485.01: Theories of Health Behavior and Counseling

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THE UNIVERSITY OF MONTANA
HHP 485: Theories of Health Behavior and Counseling

Department of Health and Human Performance
Instructor: Annie Sondag, PhD, CHES
Office Hours: Mon. & Wed. 10:00-12:00; Tues. 2:30-4:30
or by appointment

Spring Semester, 2014
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PURPOSE:

The purpose of this course is to increase students' understanding of the complex nature of human behavior; to provide students with information and experiences that will enhance listening and communication skills; and to provide students with basic strategies for facilitating changes in behavior that are conducive to health while recognizing professional limitations and the need for coordination with other health care professionals.

OBJECTIVES:

Students will be able to:

1. describe and demonstrate active listening and communication skills
2. explain the importance of self-awareness/emotional intelligence for individuals in health related professions
3. describe the components of major individual and interpersonal behavior change theories and demonstrate the practical application of those theories
4. analyze the components of major behavior change theories and describe commonalities and differences
5. describe essential components of popular counseling and psychotherapy theories
6. analyze the principles of major counseling theories and describe common components that are relevant to the practice of health counseling
7. describe a practical model for systematic helping and interpersonal relating
8. demonstrate basic counseling skills for health promotion and injury rehabilitation
9. develop and apply behavioral strategies that enhance individual performance and facilitate healthy behavior change
10. describe the necessary limitations to the health counseling role
11. describe key ethical issues related to the health counseling role
12. describe common referral agencies used to supplement and extend counseling options
13. demonstrate the ability to make appropriate referrals
14. explain and apply the essential principles of teaching and learning

TEXT:

Fac Pac - University Center Bookstore

Introduction to Health Behavior Theory; by Joanna Hayden (2009). Jones and Bartlett Publishers. ISBN 978-0-7637-4383-3.

COURSE REQUIREMENTS:

1. Attendance at all class sessions is required. If you are unable to attend please notify me of your absence prior to class if possible.
2. Participation in class is essential. Since it is difficult to learn communication skills without human interaction, it is important that you become involved in the class discussions and activities. Your participation score will be based on your attendance, your participation in class activities and your contributions to class discussions.
3. Assignments will include two "listening activities;" short journal assignments related to classroom activities; a written plan for implementing a behavior change; a written summary of the behavior change project; and a program plan based on a short presentation about a counseling technique or concept.

*Specific requirements regarding each assignment are included in your Fac Pac.
4. Three Exams will be given. These exams will cover information from your Fac Pac, and from class lectures

GRADING POLICY:

Final grades will be based on a percentage of total possible points.

Listening Activities (2)	40 pts.	A = 94% of total points
Behavior Change Plan	30 pts.	A- = 90% to 93%
Journal Entries	20-30 pts.	B+ = 87% to 89%
Behavior Change Summary	40 pts.	B = 86% to 83%
Presentation/Program Plan	40 pts.	B- = 82% to 80%
Participation	20 pts.	C+ = 77% to 79%
Exam #1	75 pts.	C = 73% to 76%
Exam #2	75 pts.	C- = 70% to 72%
Exam #3	75 pts.	D+ = 67% to 69%
		D = 63% to 66%
		D- = 60% to 62%
		F = below 60%
Total 425 - 435 pts.		

** Graduate Increment: If you are taking this course for graduate credit, you will be required to prepare a presentation on an assigned topic. Please see me regarding the specifics of the assignment. This assignment will be worth an additional 35 pts.*

DUE DATES FOR ASSIGNMENTS WILL BE DISCUSSED IN CLASS:

- Assignment #1: Listening Activity (1) due February _____.
- Assignment #2: Behavior Change Plan due March _____.
- Assignment #3: Listening Activity (2) due April _____.
- Assignment #4: Behavior Change Summary due May _____.
- Assignment #5: Journal Entries as Assigned.
- Assignment #6: Presentations - specific days will be assigned in class; program plans are due the day of the presentation

“VERY” TENTATIVE SCHEDULE

WEEK #1: Jan. 28 & 30	<ul style="list-style-type: none"> - Introduction - Defining Health and Helping - Understanding Emotional Intelligence 	Section I: The EQ Factor
WEEK #2: Feb. 4 & 6	<ul style="list-style-type: none"> - The Helping Relationship (Helper Characteristics) - Attending Physically & Psychologically - Overview of Presentation Topics (Assign Topics) 	Section I: Helpful Communication
WEEK #3: Feb. 11 & 13	<ul style="list-style-type: none"> - Social Cognitive Theory - Effective Presentation Skills - Principles of Learning and Teaching - Preparing for Presentations 	Section I: The Eight Intelligences Text - Chapter 7
WEEK #4: Feb. 18 & 20	<ul style="list-style-type: none"> - Recognizing Communication Patterns - Reviewing the Kiersey Temperament - Review for Exam - Preparation for Presentations 	Section I: Kiersey Temperament
WEEK #5: Feb. 25 & 27	<ul style="list-style-type: none"> - Exam #1 (Tues.) - Egan's Counseling Model - Mini-Presentations (Thurs.) <i>Tentative</i> 	Section 5: Egan's Model
WEEK #6: March 4 & 6	<ul style="list-style-type: none"> - Egan's Counseling Model (continued) - Introduction to Behavior Change - Writing a Behavior Change Plan - Return Exam 	Text: Chapter 1
WEEK #7: March 11 & 13	<ul style="list-style-type: none"> - Mini Presentations - Grads (<i>tentative</i>) - Theories of Behavior Change: (<i>Transtheoretical Model; Self-Efficacy</i>) - Prepare for First Client Meeting 	Text: Chapters 2 & 6
WEEK #8: March 18 & 20	<ul style="list-style-type: none"> - Theories of Behavior Change: (<i>Health Belief Model;</i> <i>Protection-Motivation Theory;</i> <i>Theory of Planned Behavior</i>) 	Text: Chapter 3 & 4

WEEK #9:
March 25 & 27

- Review Theories of Behavior Change
- Exam #2 (Thurs.)

March 31 thru
April 4

SPRING BREAK



WEEK #10:
April 8 & 10

- Mini-Presentation - Tues. (*tentative*)
- Chaos Theory/Critical Analysis of Theory
- Return Exam
- Mini-Presentations - Thurs. – (*Athletic Training Students*)

WEEK #11:
April 15 & 17

- Intro to Counseling Theories
- Counseling Theories
(*Behavioral; Cognitive Behavioral; and Rational Emotive*)

Section II
Counseling Theory

WEEK #12:
April 22 & 24

- Counseling Theories
(*Client Centered; Motivational Interviewing; Acceptance and Commitment Therapy*)

Section II:
Counseling Theory

WEEK #13:
April 29 & May 1

- Grad Presentations – Tues.
- Dealing with Anger/Process of Forgiveness

Assigned Reading

WEEK #14:
May 6 & 8

- Dealing with Loss and Grief
- Review for Final Exam (Tues.)
- Catch-Up / Wrap Up
- Course Evaluations

WEEK #15:
May 15

- Final Exam
Thursday, 8:00-10:00