



Siena Heights University
At Lansing Community College
Fall Semester Course Syllabus 2009

Course Number: PSY 360
Course Title: COUNSELING TECHNIQUES AND PRACTICES
Dates: Oct. 22 until Dec. 17 2009
Meeting Time: Thursdays - 6:00 - 9:00 pm
Instructor: Christina M. DeLand
Phone: Work @ LCC - 483-9937
E-Mail: christinadeland@att.net
Credits: 3 credits

Siena Heights University Program Outcome Statement

Graduates of Siena Heights University programs will have gained the knowledge, skills, and attitudes necessary to continue developing as self-respecting professionals. They will be capable of:

- Making sense out of their daily work and personal lives:
- Taking appropriate actions:
- Realizing that their search for final answers must be life-long.

General Studies Learning Outcomes

“While a general education curriculum seeks to be both expansive and incisive, at Siena Heights University it may be characterized as challenging students in these areas:

- A. Liberal Arts Learning
- B. Modes of Learning
- C. Communication Skills
- D. Diversity in Community
- E. Ethical and Moral Understanding
- F. Social Responsibility
- G. Life-long Learning”

Community Services Program Learning Outcomes

1. Develop an interdisciplinary and ethical approach to the professional practice of community service.
2. Develop skills to access, evaluate and utilize social research in community service work, and be able to link theory and practice.
3. Develop effective communication and interpersonal skills appropriate for use in the roles of community service practice.
4. Know and utilize methods appropriate for the process of planned change in communities and agencies.

Course Description

This course offers an introduction to listening skills, both in a group and in one-on-one settings. Body language, attending skills, empathy skills and sensory experiences are topics included in this course.

Course Objectives

1. To understand the application of introductory counseling techniques and communication skills for various populations and situations.
2. To develop empathic listening, active listening skills, problem identification and problem solving skills for use in community or organizational settings.
3. To demonstrate the ability to apply appropriate communication skills in simulated situations in class.
4. To demonstrate ability to research counseling topics and apply theories and practice from that research.
5. To identify community referral resources and appropriate procedures for referrals.
6. To encourage self-knowledge and growth in interpersonal skills.

Text(s) and Materials Required

Egan, G. (2009). *The skilled helper: A Problem-Management and Opportunity-Development Approach to Helping* (9th ed.). Brooks/Cole; Belmont, CA.

ISBN: 0495604348

Egan, G. (2009). *Exercises in helping skills: A manual to accompany the skilled helper* (9th ed.). Brooks/ Cole; Belmont, CA.

ISBN: 0495806323

GRADING SCALE:

A = 100-91 %

B = 90-81 %

C = 80-71 %

D = 70-60 %

F = 59 % or lower

LATE ASSIGNMENT POLICY - If a student needs to turn in work late he/she **must** contact the instructor **prior** to the due date to make the arrangements. Late assignments will be accepted **only until** one week prior to the course end date (which means the final paper **will not** be accepted late). Students will receive a 10% decrease in points **per week** (beginning the day after the assignment is due) for late assignments. Class discussions and in-class exercises make up the grades for attendance and participation which cannot be made up.

On a side note, a broken computer is **not** a valid excuse for turning in work late. If you do not already have a flash drive, I recommend you get one (a small one is all you need for a backing up documents and they are very reasonably priced) and save all your work on it. Loosing work in this way is an easily preventable disaster.

Students with Disabilities - Siena Heights University is committed to providing a learning environment that benefits all students. Pursuant to the Americans with Disabilities Act of 1990, a reasonable accommodations policy for students with disabilities requires a student to provide written documentation of his/her disability to the Academic Advising Office. If a student is in need of an accommodation based on the impact of a disability, please contact me so we can discuss the course format, anticipate your needs and explore potential accommodations. I rely on the Office for Students with Disabilities for assistance in verifying the need for accommodations and developing accommodation strategies. If you have not previously registered with the Office for Students with Disabilities, I encourage you to do so. Just a reminder, requests for accommodations are not retroactive.

***Academic dishonesty** is unethical behavior, which violates the standards of scholarly conduct. It includes such behaviors as cheating on assignments or examinations, plagiarizing, submitting the same or essentially the same papers for more than one course without the consent of all instructors concerned, misappropriating library materials, or the destroying or tampering with computer files. Also included in academic dishonesty is knowingly or intentionally helping another to violate any part of this policy.

***Plagiarism** is the failure to give credit for the use of material from outside sources, including the Internet. It includes, but is not limited to: verbatim use of a quote without quotation marks and adequate documentation; submission of a paper, prepared in whole or part by another person, as one's own work; using the ideas, facts, words, photographs, pictures, graphics, or data of someone and claiming them as your own; or not documenting facts, words or data gathered during research.

*(Siena Heights University Undergraduate Catalogue)

Any student who is caught plagiarizing will receive no credit on the plagiarized work and the incident will be reported to the cite director.