

EDUCATION 425-4 COUNSELLING FOR THE CLASSROOM TEACHER

Fall 1982

INSTRUCTOR: Dr. N.W. Phillips

Wednesday 4:30 - 8:30

LOCATION: on campus

COURSE DESCRIPTION: An attempt will be made to cover three broad objectives, (a) increasing the student's awareness and flexibility in becoming a change agent, (b) provide an overview of the major theoretical perspectives that form the substantive basis of counselling psychology, (c) instruct the student in acquiring some generic counselling skills at the introductory level. Lectures, seminar discussions, and practice exercises will be conducted to acquire some understanding of counselling theory, practice, and related issues.

TEXTBOOKS AND READINGS

Ivey, A.E. and Simek-Downing, L. Counselling and Psychotherapy: Skills, Theory, and Practice. Prentice-Hall of Canada, Ltd., Toronto, 1980.

Kopp, S.B. If you Meet the Buddha on the Road, Kill Him! Science and Behaviour Books, Inc., 1972; or Bantam Books, Toronto.

Frankl, V. Man's Search for Meaning. Paperback.

COURSE OUTLINE:

- I. Introduction - elaboration of objectives, further suggested topics, class interests, seminar and assignment contracts, evaluations and tests; readings assignments and self-exploration exercises.
- II. The Person and the Environment: Client Assessment (Chap. 6); the nature of man issues.
- III. Major Theories of Counselling and Psychotherapy
 1. Psychodynamic counselling and therapy: examination of the unconscious (Chap. 8).
 2. Behavioural counselling and therapy: working with concrete action (Chap. 9).
 3. The existential-humanistic tradition: increased faith in human possibility (Chap. 10).
 4. Alternative theoretical approaches to counselling and psychotherapy (Chap. 11).
- IV. Developing Some Generic Counselling Skills
 1. The skills of intentional counselling: attending and influencing (Chap. 3).
 2. Qualitative conditions of intentional counselling (Chap. 4).

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3. The verbal and nonverbal language of counselling and their incongruities (Chap. 5).

V. Theory into Practice: "Which Theory for Which Individual under What Conditions?"

1. Alternatives to the individual interview: community consultation and the psychoeducational model (Chap. 12).

2. Theory and research: models for intentional action (Chap. 13).

3. Toward increased intentionality in counselling and psychotherapy: summary and recapitulation (Chap. 14).

COURSE ASSIGNMENTS

1. Student project - select a topic of interest related to some aspect of counselling individuals or groups. Submit your project as a paper or in a seminar (5-8 pp.).

2. Major paper - select and develop a theme of interest related to counselling with appropriate references to support your theme (10-15 pp.).

NOTE: Project and paper must be approved by instructor.

EVALUATION AND TESTS:

1. Student evaluation - to be discussed in class.

2. Term test - to be scheduled after theories of counselling are covered.

3. Final exam - covering the whole course; to be discussed.

MARK ALLOTMENT:

Student Project 10

Major Paper 20

Student Evaluation 10

Term Test 20

Final Exam 40

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