Division of Behavioral Sciences  
Instructor: Russ Reglin, M.S.  
Office Hours: By Appointment  
Office Phone: x-3619

T/Th 1:45-3:00  
Metz 211  
Credit 3 hours


Course Goals: Students will become familiar with, and develop an appreciation for, various counseling theoretical approaches as applied to problems in individual and group counseling. Students will also learn to recognize their own position on values related to counseling.

Objectives:
1. Provide information about a variety of theoretical and therapeutic processes and the practical elements of the counseling interaction.
2. Provide a limited experiential laboratory to learn and practice listening and attending skills through role-playing and group participation.
3. Encourage an environment for discussion of a variety of ethical and professional issues in counseling.
4. Develop self-evaluation, writing, and critical thinking skills.
5. Evaluate ones personal qualities that may enhance and/or hinder one’s future role as a therapeutic agent.
6. Encourage personal integration of theory and experience, with one’s spirituality.
7. Students will have a grasp of the knowledge base, methods of inquiry, and scientific developments within the academic discipline of psychology.

Academic Honesty: Please refer to the student handbook for information pertaining to academic honesty.

Special Needs: Students needing special accommodations for this class should notify the professor during the first 2 weeks of the course.

Course Requirements:

Class attendance: Consistent attendance is expected. Each absence starting with the 3rd will result in a deduction of 10 points.
Students will be clients for at least three (3) counseling sessions. The first appointment must be scheduled by January 22nd. Schedule your appointment by calling x-3733. The student will submit a typed, double-spaced, 1-2 page description of their own process/experience as a client. Include (1) apprehensions, surprises and/or disappointments, (2) what occurred in the sessions that the student would want to include in their own counseling style, (3) what the student would not include, and (4) the dates attended in paper. One does not have to discuss any personal information dealt with in the session in the paper. Point Value 25. Due April 9th

Mid-Term Exam: Exam over any material covered the first half of the semester. Value: 50 pts.

Take home final: The take home final will involve the viewing of a video that illustrates various client/counselor dynamics. The student will respond in a paper regarding the processes evidenced in the video. A guideline will be provided. Point value: 50. Due April 29th

Poster Session/Theory Research Paper: As either an individual or a dyad the student(s) will develop a poster presentation of a specific theoretical approach to therapy. The student(s) may choose from any of the theories and techniques available in the text.
Poster: Include key components and dynamics of particular therapeutic style. Clearly state the strengths and weaknesses of the therapy. Provide a one page handout for visitors noting the aforementioned information.
Paper: Prior to the poster session the student(s) will turn in a 3-4 page paper on the therapeutic style noted in their poster. APA style, min. of 3 professional sources other than the course text. Poster & handout value 50 points. Paper value 50 points. Total Value 100 points. Due April 2nd

Group Sessions Paper: The student will turn in a 2-3 page, typed, double-spaced paper regarding the in-class group experience. Identify the specific date you are writing about. Identify whether you were a group participant or an observer. Differentiate between the group content and process. 6 notations @ 5 points each. Points 30. Due March 26th

Course Evaluation
Exams 2 x 50 100
Coun. Sessions Reaction Paper 25
Poster Session/Research Paper 100
Group Session Reflections 30
Total 255 points
# Tentative Schedule

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<td>Intro/Syllabus</td>
<td>15 Ch.1</td>
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<td>Ch. 1 &amp; 2</td>
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<td>3 Group Dynamics</td>
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<td>Mar</td>
<td>3 \textit{Midterm}</td>
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<td>Ch.7</td>
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<td>Case study paper due: wrap up</td>
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Alignment of Mission, Objectives, and Outcomes

MidAmerica Nazarene University

Term: Spring 2009  Class: Fundamentals of Counseling
Dept #: PSYC 4603  CRN: 50055
Professor: Russ Reglin
Means of Assessment: APA Writing Style on the Counseling Modality Reaction Paper

University Mission Statement:
The University provides a wide variety of intellectual, social, and religious activities that serve a developmental function in students. The ultimate goal is to develop broadly educated individuals with specific skill and career knowledge related to a potential field of work.

Related Division Mission:
The Division of Behavioral Sciences educates and develops students to be competent in academic disciplines focused on understanding human behavior, mental processes, social functioning and the institutional structures of society.

Course Objectives:
Students will have a firm grasp of the knowledge base, methods of inquiry, and scientific developments within the academic discipline of psychology.

Intended Educational (Student) Outcome or State Standards:
Students will grasp the importance of research to the field of psychology and demonstrated an applied understanding of basic research methods, including experimental design, data analysis and interpretation.

Means of Assessment:
APA Writing Style on the Counseling Modality Reaction Paper