Course Syllabus

Department: Social Science

Date: February 18, 2013

I. Course Prefix and Number:  PSY 150

   Course Name: Interviewing and Counseling

   Credit Hours and Contact Hours:  3 credit hours and 3 contact hours

   Catalog Description including pre- and co-requisites:

   A Survey of basic counseling techniques, including an overview of the various schools of counseling-the dynamics of communication, interviewing, resolving resistances by dealing with case materials, and role playing.

   Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

   Interviewing and Counseling is a required course in the Human Services degree program and offered as a social science elective.

   Course Student Learning Outcomes:

   Student will be able to:

   • Describe and work through the stages of the helping interview
   • Identify characteristics of effective interviewers and counselors.
   • Demonstrate and understanding of ethical standards as they relate to interviewing and counseling.
   • Utilize basic counselor responses and leads in an effective manner.
   • Identify cognitive, affective and behavioral strategies.
   • Use case notes to record a session.
   • Initiate a helping interview an explore issues using a variety of counselor responses and leads.

   College Learning Outcomes Addressed by the Course: (check each College Learning Outcome addressed by the Student Learning Outcomes)

   X writing  X computer literacy
   X oral communications  X ethics/values
III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): For each identified outcome checked, please provide the specific assessment measure.

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<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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<tr>
<td>Writing, oral communications, reading, information resources, computer literacy, critical thinking, ethics/values</td>
<td>Students will complete a three part Peer Counseling Experience exercise with a classmate. Each part is reviewed by instructor for feedback/revision. Required reaction papers, theory analysis, journal entries, homework assignments, quizzes, exams and videotaping when available. Role plays utilized to demonstrate ethic dilemmas, problem solving and appropriate counselor leads, responses and behaviors.</td>
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IV. Instructional Materials and Methods

Types of Course Materials:

Textbook, articles, handouts.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lectures

- Lecture
- Discussion
- Dyads
- Speakers
- Small group activities
- Video
V. General Outline of Topics Covered:

1. Foundations of Counseling and Therapy
2. Ethics, Multicultural Competence, and the Positive Psychology
3. Attending Behavior and Empathy
4. Observation Skills
5. Communication
6. Reflecting Feelings
7. Five-Stage Counseling Session
8. Reframing
9. Self-Disclosure
10. Skill integration, Theory into Practice
11. Use of Micro skills
12. Determining personal style
13. Treatment Planning and Relapse

• Role playing