



EDPY 442: Introduction to Counselling

Instructor: Sherry R. Antonucci
Lecture A1, Fall 2007
Tuesdays 2:00 to 3:20 p.m.
Room ED 129
Seminars on Thursdays 2:00 to 3:20 p.m.
See List Below for Rooms

Office: 6-141B
Office hours: by appointment
Email: sr6@ualberta.ca

Course Outline

Course Description

This course provides an overview of the field of counselling psychology, including its theoretical basis, applications to client problems, and clinical skills. It consists of one hour and twenty minutes of classroom lecture per week and one hour and twenty minutes of seminar per week. The lectures will focus on the principles and applications of the counselling profession, whereas the seminars will provide students with opportunities to develop basic counselling skills. The lectures will be held on Tuesdays and the seminars will be held on Thursdays at the same time (2:00 - 3:20 p.m.).

<u>Seminar Section</u>	<u>Room</u>	<u>Seminar Instructor</u>
E01	ED N1 128	Tania Jacobs
E02	ED N1 130	Carla Petker
E03	ED N2 145	Sean Barford
E04	ED N2 149	CANCELLED-Integrated with E01-E03

Course Objectives

Upon completion of this course, students will be expected to demonstrate:

1. Knowledge of the *professional and social responsibilities* of a counselling psychologist.
2. Knowledge of the *theoretical basis and applications* of counselling psychology.
3. Competence in *basic counselling skills*.

Required Textbook

Gladding, S. T. (2007). *Counseling: A comprehensive profession* (Updated 5th ed.). Upper Saddle River, NJ: Pearson Education.

Requirements/Course Evaluation

1. ***Multiple choice mid-term examination*** of lecture and textbook materials (30% of final grade). The mid-term exam will cover chapters 1, 2, 3, 5, 6, and 7 in the text and will consist of 60 questions. The mid-term exam will be held on October 16th, 2007.
2. Two seminar ***audiotape/transcription/coding assignments*** (35% of final grade). The first assignment is worth 15% of your final grade. The second assignment is worth 20% of your final grade. Each assignment will involve audiotaping a mock counselling session with a classmate and then transcribing the tape and coding it for the counselling skills covered in the seminar up to the date each assignment is due. You will then provide a written personal reflection of what you have learned from the assignment. Seminar Instructors will further describe each assignment and will provide guidelines for their completion. Taping session #1 will be held during the October 18th seminar, and the first assignment will be due in the following seminar on October 25th, 2007. Taping session #2 will be held during the November 22nd seminar, and the second assignment will be due in the next seminar on November 29th, 2007.
3. ***Multiple-choice final examination*** of lecture and textbook materials (35% of final grade). The final exam will cover chapters 4, 8, 9, 15, 16, 18, and 19 in the course text and will consist of 80 questions. The final exam will be held as scheduled by the University of Alberta's official final examination schedule. Details regarding the date, time, and room in which the exam will be held can be obtained and confirmed using the Bear Tracks system. This information will be accessible on the system within the last few weeks of classes.

Final Grades

Final grades for this course will be determined by combining assignment, mid-term, and final examination scores based on their relative percentage weights to obtain a score out of 100. Students will subsequently be ranked in order of total scores and a letter grade will be assigned so that the ***class average*** is consistent with the University-suggested mean for a 400 level course, which is approximately a B. Therefore, the assignment of letter grades will be based on the distribution of class scores and how students perform relative to other students in the same class. To obtain more information about the letter grading system at the University of Alberta, you can log onto the following website: www.grades.ualberta.ca

Equality, Equity and Respect

The faculty of Education is committed to providing an environment of equality, equity and respect for all people within the University community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom

atmosphere in which students' experiences and views are treated with equal respect and value in relation to their gender, ethnic and cultural background, and sexual orientation.

Specialized Support and Disability Services

Students who require accommodations in this course due to a disability affecting mobility, vision, hearing, learning, or mental or physical health are advised to discuss their needs with Specialized Support and Disability Services, 2-800 Students' Union Building, 492-3381 (Phone) or 492-7269 (TTY).

Plagiarism and Cheating

The University of Alberta is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the Code of Student Behavior (on-line at www.ualberta.ca/secretariat) and avoid any behaviour which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the University.

Course Outline Content

The University of Alberta's Policy about course outlines can be found in Section 23.4(2) of the University Calendar.

Weekly Reading Schedule

September 11	Chapters 1 & 2	Historical and Professional Foundations of Counseling & Personal and Professional Aspects of Counseling
September 18	Chapter 3	Ethical and Legal Aspects of Counseling
September 25	Chapter 5	Building a Counseling Relationship
October 2	Chapter 6	Working in a Counseling Relationship
October 9	Chapter 7	Termination of Counseling Relationships
October 16	Mid-term Examination (Chapters 1, 2, 3, 5, 6, & 7)	
October 23	Chapter 4	Counseling in a Multicultural & Diverse Society
October 30	Chapter 8	Psychoanalytic, Adlerian, & Humanistic Theories
November 6	Chapter 9	Behavioral, Cognitive, Systemic, & Crisis Theories
November 13	READING DAY – NO CLASS	
November 20	Chapter 16	Elementary, Middle, and Secondary School Counseling
November 27	Chapter 15	Marriage and Family Counseling
December 4	Chapters 18 & 19	Substance Abuse, Disability, & Mental Health Counseling
Final Exam	(Chapters 4, 8, 9, 15, 16, 18 & 19)	