



BRESCIA UNIVERSITY COLLEGE

**FAMILY STUDIES 2235
INTRODUCTION TO COUNSELLING 2011-2012**

Instructor: Professor Laura Dromgole, Instructor
Email: to be provided in class
Office: to be provided in class
Phone Number: to be provided in class
Office hours: Tuesday 5:15 to 6:15 or by appointment

Class time/room: Tuesday 6:30 to 9:30 pm

CALENDAR DESCRIPTION

This course introduces students to the basics of counseling within the context of the study of Family Studies. Students will learn about the history of the counseling professions, will gain an understanding of various approaches, skills, and work settings, and will consider the role of counseling among diverse populations, including adolescents, couples, and families. Topics include ethical and legal aspects, assessment, individual and group counseling, and research, use of technology, and multicultural issues having to do with counseling.

COURSE OBJECTIVES

1. Describe the historical development of counseling theory and approaches.
2. Demonstrate an understanding of the purpose and objectives of counseling.
3. Articulate the principals and values of ethical practice.
4. Develop a beginning understanding of the therapeutic relationship and therapeutic process

PREREQUISITE

Family Studies 1020

REQUIRED TEXT

Text: Nugent, F. & Dayle Jones, K. (2009). *Introduction to the Profession of Counseling, Fifth Edition*. Prentice Hall.

***Additional readings and resources will be assigned in class and/or posted on WebCT for many topics in this course. These readings and resources are to be accessed by the students independently (online or in the library).**

COURSE POLICY

The teaching methods used in this course will include lectures, discussions and videos. Students are expected to prepare for classes by doing the reading assigned before the class meeting. You are strongly advised to attend every class and to participate actively in class activities and discussions. Attendance will be taken.

WebCT will be used in this course. Lecture notes will be posted on WebCT before class. These notes are only a guide to the material that will be covered in class, and are intended to give you advance notice of the topics and issues that will be covered. Downloading the notes is not a substitute for class attendance.

During the first meeting of the class and discussion will occur to review the expectations while in class (i.e. being late, cell phones). This will occur to promote a positive and respectful learning environment to provide an optimum learning environment for all class members.

Students who fail to appear for an examination at the time set in the timetable will not be allowed to write the examination paper thus missed unless the steps detailed below for academic accommodation have been followed.

Similarly, missed assignments may not be made up later. There will not be any make-up examinations or extra work for the purpose of improving grades. Late assignments will lose 5 points per day.

The instructor will be available outside of class time during scheduled office hours. If you cannot attend office hours, please make an appointment with the instructor by email. When you do so, please use your UWO email account and provide your class code in the subject area. If the question or issue is lengthy, an appointment may be necessary to address the issue.

Changes in information that appear in this course outline will be discussed in class prior to being implemented.

COURSE REQUIREMENTS AND GRADING STRUCTURE

<u>Course Requirements</u>	<u>Weight</u>
Participation	5%
In-class quiz Term 1 October 18, 2011	10%

Written assignment #1 November 29, 2011	10%
Exam 1 - during exam period	25%
Written assignment #2 February 14, 2012	15%
Personal reflection Written assignment #3 March 20, 2012	10%
Exam 2 – during exam period	25%

Quiz

The format of the quiz may include short answer and multiple choice questions based on readings, lectures, discussion, and videos.

Written Assignments

Students will be provided with further information on choices and expectations for these assignments in the first class.

Exams

The midterm and final exam may include multiple choice, short-answer and essay questions. For the final exam the emphasis will be on second term but some recall of important information and concepts from first term will be expected .

COURSE OUTLINE

FIRST TERM

Week 1 Sept. 13	Introduction Review of course outline Overview of Counseling Theory and Settings
Week 2 Sept. 20 Readings:	The Profession of Counseling and Trends Chapter 1
Week 3 Sept. 27 Readings:	Ethical and Legal Issues, Counseling in Canada Chapter 2
Week 4 Oct. 4 Readings:	The Counseling Relationship Chapter 3

Week 5 Oct. 11	The Process of Counseling
Readings:	Chapter 8
Week 6 Oct. 18	Quiz
	Multicultural and Diverse populations
Readings:	Chapter 4
Week 7 Oct. 25	Multicultural and Diverse populations continued
	Anti-Oppressive Practice
Readings:	will be posted on WebCT
Week 8 Nov. 01	Evidence Informed Practice
	Human Development Theories
Readings:	Chapter 5
Week 9 Nov. 8	Theories of Counseling
	Psychoanalytic and Psychodynamic Theories
Readings:	Chapter 6 pp 86-93
Week 10 Nov. 15	Theories of Counseling
	Systems Theories
Readings:	Chapter 11
Week 11 Nov. 22	Theories of Counseling
	Object Relations Theory, Attachment Theory
Readings:	Chapter 11 pp117
	Assignment #1 due
Week 12 Nov. 29	Theories of Counseling
	Cognitive Behavioural Theory
	Crisis Intervention Theory
Readings:	Chapter 6 pp. 99-103
Week 13 Dec. 6	Theories of Counseling
	Brief, Solution Focused and Strengths based counseling
Readings:	Chapter 6 pp. 107 - 110
	Exam Review

December Examination Period

The midterm exam will be scheduled during the December Exam period.

SECOND TERM

- Week 14 Jan. 10 Theories of counseling**
Narrative Therapy, Play therapy and Feminist therapy
Readings: Chapter 6 pp.106
- Week 15 Jan. 17 Theories of counseling**
Other theories in counseling: Spiritual Counseling, Humanistic and less
recognized but relevant theories to be discussed.
Readings: Chapter 5 pp 66-82, Chapter 6 pp 94-97,
- Week 16 Jan. 24 Assessment and Intervention**
Readings: Chapter 7
- Week 17 Jan. 31 Evaluation
Supervision and Consultation**
Readings: Chapter 10, Chapter 2 pp.31
- Week 18 Feb. 7 Individuals, Family and Couple Counseling**
Readings: Chapter 8, Chapter 11
- Week 19 Feb. 14 Considerations in Counseling Children, Adolescents, Adults and an
Aging Population**
Readings: Chapter 14
- Assignment #2 Due**

**** Reading Week Feb. 20 to Feb. 24**

- Week 20 Feb. 28 Group counseling**
Readings: Chapter 9
- Week 21 March 6 Community counseling**
Readings: Chapter 17
- Week 22 March 13 Child Welfare, Domestic Violence and Police/Justice Services
Interventions**
Readings: Chapter 11 pp 194-195
- Week 23 March 20 Substance Abuse and other Addictions Counseling**
Readings: Chapter 13
- Assignment #3 Due**

Week 24 March 27 School Counseling and Medical Counseling

Readings: Chapter 15, 16

**Week 25 April 03 Internet, Phone and Video Counselling
Career Counseling**

Readings: Chapter 12, Chapter 17 pp311-314, Chapter 2 pp. 32

Week 26 April 10 Self-care

Readings will be posted on WebCT

Final exam review class

April Examination Period

The Final Exam will be scheduled during the April examination period.

BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

If supporting documentation is from a family physician, Hospital Urgent Care Centre or Emergency Department, or a walk-in clinic a UWO Student Medical Certificate (SMC) is **required**. To download an SMC go to <https://studentservices.uwo.ca/secure/index.cfm> and follow the link under "Medical Documentation". Documentation should be obtained at the time of the initial visit. If it is not possible to have an SMC completed by the attending physician, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** considered adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2011/pg117.html>.

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, www.registrar.uwo.ca, for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to

dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently

submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at http://www.brescia.uwo.ca/academics/registrar_services/index.html.

The University of Western Ontario Registrar's website is at <http://www.registrar.uwo.ca/index.cfm>

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.