

**COUNSELING CHILDREN**  
**CNS 746**  
**Fall 2006**

Donna A. Henderson

758-1890 (office)

945-6774 (home)

**Texts:**

Kottman, T. (2001). *Play therapy: Basics and beyond*. Alexandria, VA: American Counseling Association.

Thompson, C. L., & Henderson, D.A. (2007). *Counseling Children (7<sup>th</sup> Ed.)*. Pacific Grove, CA: Brooks-Cole.

*Highly Recommended:*

Oaklander, V. (1988). *Windows to our Children*. Highland, NY: Gestalt Journal Press.

Wicks-Nelson, R. & Israel, A.C. (2003). *Behavioral Disorders of Childhood (5<sup>th</sup> Ed.)*. Upper Saddle River, NJ: Prentice Hall.

**Objectives:**

Upon successful completion of this course, the student will be able to

1. Explain the system theories and relationships of influences such as parents, schools, communities on the lives of children;
2. Recognize particular developmental issues and concerns at various ages;
3. Demonstrate the counseling process and skills in individual and group counseling with children;
4. Discuss different counseling theories and techniques as they apply to children;
5. Describe counseling approaches for youth and children with special concerns;
6. Build partnerships with other adults to promote children's success;
7. Enumerate ethical and legal considerations involved in counseling children;
8. Explain and defend their personal approach to counseling children.

## COUNSELING CHILDREN CNS 746

### Course Assignments:

#### 1. Two tests:

The first test will cover the *Counseling Children* text and the second test will cover the section of the class on behavioral disorders of children. Skills exercises from Kottman's book will be included on both tests

#### 2. Class presentation.

Give a class presentation that focuses on appropriate interventions for children who have the behavioral disorder you have researched. Your presentation should include the prevalence of the disorder definition of the disorder, the diagnostic criteria for the disorder, how to identify children who are particularly vulnerable and the recommended approaches for intervention. Discuss the "best practices" that you have found for working with children who have the disorder. Your product should be a protocol of care for children and/or adolescents in this area. You will discuss this section in class on the day assigned on the sign-up sheet.

#### 3. Demonstration.

Turn in a video- (preferably) or audio-tape of you working with a child. The tape should be accompanied by a brief explanation of the child's background, problem and the history of treatment. Your performance should show you being able to maintain a relationship with the child who is working toward a solution to the concern.

#### 4. Project:

Stay tuned. We are working with a local school trying to get permission to conduct some focus groups with adolescents. Your responsibilities would include leading the group, transcribing the dialogue and preparing a summary report.

### Grades:

<b>Tests</b>	<b>40%</b>
<b>Demonstration</b>	<b>20%</b>
<b>Class Presentation</b>	<b>20%</b>
<b>Project</b>	<b>20%</b>

### Grading Scale:

A	=	100 – 93
A -	=	92 - 90 points
B +	=	89 - 87 points
B	=	86 – 83 points
B -	=	82 – 80 points
C	=	Between 80 points – 60
F	=	60 and below

## Tentative Class Schedule

Date	Topic	Reading
8/29/06	Childhood – understanding interactive systems and life-span development	Counseling Children, Chapter 1 Play Therapy, Chapters 1 & 2
8/31/06	Counseling Process – common factors, stages, outcomes, working with systems	Counseling Children, Chapters 2, 16, 17, 19 Play Therapy, Chapter 4
9/5/06	Affective Approaches – core conditions and therapeutic factors	Counseling Children, Chapter 16, 17, 19 Play Therapy, Chapter 5 <i>(Oaklander, Chapters 1, 2)</i>
9/12/06	Affective Approaches – person-centered	Counseling Children, Chapter 6 Play Therapy, Children 3, pgs. 43-47 <i>(Oaklander, Chapters 1, 2)</i>
	Affective Approaches – individual psychology	Counseling Children, Chapter 11 Play Therapy, Chapter 3, pgs. 38-42, Chapters 6 & 7
	Behavioral Approaches – reality therapy	Counseling Children, Chapter 4 & 9 Play Therapy, Chapter 8 <i>(Oaklander, Chapter 4)</i>
	Cognitive Approaches - REBT	Counseling Children, Chapter 8 Play Therapy, Chapter 3, pgs. 48-59
	Brief Approaches	Counseling Children, Chapters 5 Play Therapy, Chapter 3, pgs. 70-76 <i>(Oaklander, Chapter 5)</i>
	Child Abuse Family Problems	Counseling Children, Chapter 12, 16 Oaklander, Chapter 5
	Conduct Disorders	Counseling Children, Chapter 18, A Oaklander 6 & 10 Wicks-Nelson & Israel, Chapter 8 & 9
	Anxiety Disorders	Counseling Children, Chapter 18, B Wicks-Nelson & Israel, Chapter 6
	Mood Disorders	Counseling Children, Chapter 18, A, B Oaklander, Chapter 7 & 10 Wicks-Nelson & Israel, Chapter 7
	Adjustment Disorders	Counseling Children, Chapters 18, A, B Oaklander, Chapter 8 & 11
	Exceptional Children	Counseling Children, Chapter 19 Oaklander, Chapter 8 Wicks-Nelson & Israel, Chapter 10 - 14

TBA: Tests  
Project

## Assignment #1

Your assignment involves finding data to indicate the well-being (or lack) of children in today's world. Obtain the information for the world, the United States, a state of your choice and a community that you select. Here are some of my questions but you may expand for those you feel may be more illustrative of the state of children.

1. How many children have access to health care?
2. How many children have received preventive medical care such as vaccinations, eye exams, dental check-ups?
3. How many children are living in poverty?
4. How many live in safe neighborhoods?
5. What are the predominant family structures?
6. What is the education achievement of children?
7. What percentage of teens are school dropouts?
8. How many children receive food subsidies?
9. How many adults are illiterate?

## **Assignment #2**

***Choose fifteen of the following organization or agency websites to investigate. Write a brief description of the focus each takes on children's issues.***

American Academy of Pediatrics – <http://www.aap.org>  
American Academy of Child and Adolescent Psychiatry – [www.aacap.org](http://www.aacap.org)  
Brazelton Center for Mental Health – [www.bazelon.org](http://www.bazelon.org)  
Center for Health and Health Care in School – [www.healthinschools.org](http://www.healthinschools.org)  
Center for Health Services, Research and Policy – [www.qwhealthpolicy.org](http://www.qwhealthpolicy.org)  
Center for Mental Health in Schools – [www.smhp.psych.ucla.edu](http://www.smhp.psych.ucla.edu)  
Center for School Mental Health Assistance – <http://csmha.umaryland.edu/>  
Child Welfare League of America – [www.cwla.org](http://www.cwla.org)  
Children's Defense Fund – [www.childrensdefense.org](http://www.childrensdefense.org)  
Federation of Families for Children's Mental Health – [www.ffcmh.org](http://www.ffcmh.org)  
Georgetown University Center for Child and Human Development – <http://qucdc.georgetown.edu>  
National Academy for State Health Policy – [www.nashp.org](http://www.nashp.org)  
National Alliance for the Mentally Ill – [www.nami.org](http://www.nami.org)  
National Association of State Mental Health Program Directors – [www.nasmhpd.org](http://www.nasmhpd.org)  
National Center for Children in Poverty – [www.nccp.org](http://www.nccp.org)  
National Center for Education in Maternal and Child Health – [www.ncemch.org](http://www.ncemch.org)  
National Center for Mental Health and Juvenile Justice – [www.ncmhjj.com](http://www.ncmhjj.com)  
National GAINS Center for People with Co-Occurring Disorders in the Justice System (GAINS Center) – [www.gainsctr.com](http://www.gainsctr.com)  
National Health Law Program – [www.healthlaw.org](http://www.healthlaw.org)  
National Mental Health Association – [www.nmha.org](http://www.nmha.org)  
Center for Mental Health Services – [www.mentalhealth.org/cmhs](http://www.mentalhealth.org/cmhs)  
National Institute of Mental Health – [www.nimh.nih.gov](http://www.nimh.nih.gov)  
Office of Juvenile Justice and Delinquency Prevention – [www.ojjdp.ncjrs.org](http://www.ojjdp.ncjrs.org)  
President's New Freedom Commission on Mental Health – [www.mentalhealthcommission.gov](http://www.mentalhealthcommission.gov)  
UNESCO [www.unesco.org](http://www.unesco.org)  
World Health Organization [www.who.org](http://www.who.org)