

COUNSELING 740
PROFESSIONAL ORIENTATION TO COUNSELING
WAKE FOREST UNIVERSITY

Term/Time/Place

Fall Semester 2008

Mondays – 9:00 – 11:30 a.m., Tribble A105

Instructor

Dr. Samuel T. Gladding

Course Description

This course is an introduction to the profession of counseling. It covers the history of counseling, as well as the roles that counselors play in today's society. It examines counseling associations and specialization areas within counseling. Professional issues such as licensure and certification of counselors are explored, too. Public policy, advocacy, and other contemporary factors that impact the present and future of counseling are looked at in context and developmentally

Course Objectives

Through taking this course, students will become better acquainted with various aspects of professional counseling. The historic and contemporary elements that have shaped the field will be discussed, and similarities, differences, and relationships between counseling and other helping professions will be delineated. Emphasis will be placed on students learning what the nature of counseling is and the specialization areas within the profession. How primary counseling organizations, such as the American Counseling Association, are structured will be discussed. Ethical standards and legal issues will be examined as well as the credentialing of counselors. Ways of staying well and creative as a counselor are explored, too. Functioning as a professional, including mastering APA writing style, is stressed. Finally, advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients from diverse backgrounds will be studied along with prevention and the promotion of positive mental health within society.

Course Policies

There is no prerequisite for this course. Students will be expected to attend 90% of all classes and actively participate in class both as a leader and a discussant. The learning in this course will take place in a seminar style although some lectures and mini-lectures will occur. Class members will be expected to grapple with questions related to readings in the required texts as well as assigned outside readings and to engage in experiential activities.

Required Reading

Csikszentmihalyi, M. (1996). *Creativity*. New York: Harper.

Echterling, L.G., et. al. (2002). *Thriving!* Boston: Lahaska Press.

Gladding, S. T. (2009). *Counseling: A Comprehensive Profession (6th ed.)*. Upper Saddle River, NJ: Pearson/Prentice Hall/Merrill.

Gladding, S. T. (2009). *Becoming a Counselor: The Light, the Bright, and the Serious (2nd ed.)*. Alexandria, VA: American Counseling Association.

Perrin, R. (2007). *Pocket guide to APA style (2nd ed.)*. Boston: Houghton Mifflin.

Selected Handouts

<u>Date</u>	<u>Topic</u>	<u>Readings</u>
Sept. 1	History of and Professionalism in Counseling	Ch. 1-2
<p><u>Questions of the day:</u> What is special about counseling? How does it differ from other helping professions? How is it distinct? What is its history? Who are its most notable and quotable ancestors? How do you define a professional counselor? What is a professional course of study for a counselor? What is accreditation and licensure? Why are they important? (Assignment #1 due)</p> <p><u>Discussion Leader:</u> Sam Gladding</p>		
Sept. 8	Writing Like a Professional: APA Style	Perrin
<p><u>Questions of the day:</u> Why is APA style important? What parts of it do you find most difficult at this point in your career? What parts seem easiest? How are you going to master this style? Where can you get help in mastering it? (Assignment #2 due)</p> <p><u>Discussion Leader:</u> Sam Gladding</p>		
Sept. 15	Ethical and Legal Aspects of Counseling	Chapter 3 Appendix A 2005 ACA Code of Ethics
<p><u>Questions of the day:</u> What are ethics? What are the advantages of following an ethical code? What are the limitations? Why are ethics important to counselors, especially ACA ethics? What areas are covered? What areas would you include if you could rewrite this document?</p> <p>How does the legal system view counseling? How broad is the law regarding counseling in the state in which you hope to practice? What is the counseling law like in North Carolina?</p> <p>(http://www.ncblpc.org/) Why is it important to be certified as a counselor by NBCC? Why is it important to earn licensure as a counselor on the state level?</p> <p><u>Discussion leaders of the day:</u> Swafford, Macko, Burt</p>		

Sept. 22 Perception, Reality, and Advocacy**Chapters 5-7, 10**

Questions of the day: Professional helpers are seen in a number of ways, e.g., *Good Will Hunting*, *The Sopranos*, *The Bob Newhart Show*, *One Flew Over the Cuckoo's Nest*, *What about Bob?*

These films and television shows all feature a character in a helping relationship. With your team investigate how helping is seen in movies, television, fictional books, self-help books, music, and popular magazines. How does it differ from what you have read in chapters 5-7? Be specific.

Bring videos, musical clips, or excerpts from passages in your publications to share with the class and come up with a proposal for a movie, play, or television show that would put professional helping in a positive light. Show the class what it would look like. Also, check the ACA website and other internet resources in regard to ways to be an effective advocate. Be ready to discuss these ways as a class. **(Assignment #3 due).**

Team #1: Berkman, Burt, Decker, Gilcrest, Glaser, Hanson (Captain: Decker) -- movies/television

Team#2: Hicks, Macko, Martin, Naff, Gilkey, Pittman (Captain: Martin) -- books

Team#3: Ruble, Shaw, Short, Starr, Swafford, Womack (Captain: Ruble) – music/magazines

Discussion leaders of the day: Captains of each team, i.e., Burt, Martin, Ruble

Sept. 29**Multicultural Counseling****Chapter 4**

Questions of the Day: What is a culture? What is your cultural background? How has your culture influenced your behavior up to this point? What has been your experience with cultures other than your own? What behaviors and characteristics have you borrowed from other cultures?

What characteristics do you not like or eschew from other cultures? Why are the ACA

Multicultural Competency Standards important? What are the Standards strengths? What are their limitations? **(Assignment #4 due)**

Discussion leaders of the day: Berkman, Hanson

Oct. 6 Wellness and Creativity as a Counselor**Csikszentmihalyi
Echterling et al**

Questions of the day: What is wellness? What is creativity? How do these two concepts relate and why are they important in counseling? How do you stay well? How do you maximize your creativity? How do you help clients do the same? (**Assignment #5 due**)

Discussion Leaders: Shaw, Starr

Oct. 13 The Practice of Counseling in Schools and Agencies**Chapters 16-19**

A panel of counselors who graduated from Wake Forest will talk about what it is really like to be a counselor in a school or community agency. What questions do you really want answered both in regard to practicum/internship and beyond? Hours, salaries, challenges, growth, level of preparation the program initially provided? Come ready to ask!

Discussion leaders of the day: The Class

Oct. 20 Disorders, Diagnosis and Treatment**Chapter 13, Appendix C**

Questions of the day: What is a disorder? Why call something a disorder instead of a neurosis or a psychosis? How do you learn to diagnosis? What are the benefits? What are the drawbacks? What do you think would be the hardest diagnosis to make? Why? What do you think would be the easiest diagnosis to make? Why? What are multiple disorders and what part do they play in the lives of people who are having a difficult time coping with life? (**Assignment #6 due**)

Discussion leaders of the day: Short, Glaser

Oct. 27 Career Counseling/Consultation**Chapters 14/11**

Questions: What does career counseling have to do with personal counseling? Why do you think career counseling was the first specialty in counseling to emerge? Go to the O*Net website and complete the O*Net inventory. What does it tell you that you already knew? What did you learn from taking the inventory and getting your results? What did you learn in the chapter on consultation that you did not know before? Why be a consultant? (**Assignment #7 due**)

Discussion leader of the day: Hicks, Naff

Nov. 3 International Counselling, Counseling Organizations

Counselling is spelled with two “lls” in most parts of the world. How does it differ in developing countries from what we experience in the United States? Visit the Council for Accreditation of Counseling and Related Educational Programs (CACREP) at www.counseling.org/CACREP/, the American Counseling Association website www.counseling.org/, the National Board for Certified Counselors website <http://www.nbcc.org/>, the Chi Sigma Iota website www.CSI-Net.org/, and the International Association for Counselling <http://www.iac-irtac.org/>. (**Assignment # 8 due**)

Discussion leaders of the day: Gilcrest, Womack

Nov. 10 Journeys Now and Later Becoming a Counselor

Questions of the day: How has your journey in life led you to study counseling? What do you hope to get from your studies? What do you hope to be as a result of your studies? With what stories, if any, in *Becoming a Counselor* do you most identify with? Why? What person or persons would you most like to emulate? Why? What specific characteristics or experiences did they have that you would like to have? (**Assignment # 9 due**)

Discussion leaders of the day: Pittman, Gilkey

Nov. 17 20/20: The Future of Counseling

Questions of the day: Where do you think counseling is going given where it has been? What makes you think it is headed in that direction? The work of the multi-association group working on the future of counseling for the year 2020 will be shared with the class.

Discussion leaders of the day: The Class

Nov 24 Wrapping Up All Other Assignments

Questions of the Day: What have we examined that you would like to know more about? What have we not examined that you would like to discuss? **Submit questions by Friday, Nov. 21st.**

Discussion leaders of the day: Sam Gladding

Dec. 1 Final Exam (all assigned chapters – *Counseling: A Comprehensive Profession*)

Schedule of Assignments and Grading

1. Reflections on *Thriving* paper (250-500 words, 1-2 typed pages) **Due: September 1st (5% of grade).**
2. Bring to class copies of a professional writing sample (2 or 3 paragraphs) and a reference list that **ARE NOT** in APA style. Helpful hint: you can copy a few paragraphs from an article in the *Journal for Counseling and Development* and alter it. Bring in a corrected copy, too, and your Perrin book. Do not share what you are bringing with your classmates beforehand. **Due: September 8th. (10% of your grade will come from your completion of class exercises and the APA style poster for research class).**
3. Write a 1,500 word (6 pages typed) group report for discussion in class on the media's portrayal of helping professionals. Include in it not only your reactions to media featuring professional helpers but propose a movie, play, television show or music that would put professional helping in a positive light. **Due: September 22th (10% of grade)**
4. See the movie *Crash*. In your reaction to the movie write a reflective essay of at least 1,000 words (4 typed pages) about how stereotypes of cultures were upheld or not. What surprised you about the movie and its characters? What pleased you? What made you angry? How does the movie tie in with the chapter in your text on multicultural counseling? **Due: September 29th (10% of grade)**
5. Compare *Creativity* and *Thriving* to one another? Which book do you think you will find most helpful over time? Now? Why? Relate what you have read in both to Chapter 2 in *Counseling: A Comprehensive Profession*. 1000 words (4 typed pages) – **Due: October 6th (10% of grade)**
6. Pick one of the disorders listed below from the *Diagnostic and Statistical Manual*. Then research the disorder and its treatments (750 words, 3 typed pages). As a pretend character who has the disorder talk to the class (i.e., role play) about your disorder and why you would or would not seek counseling? **Due: October 20th (10% of grade).**
Disorders to choose from: Mild Mental Retardation, Stuttering, ADHD, Conduct Disorder (Childhood On-Set Type), Delirium, Dementia, Alcohol-related Disorder (intoxication/withdrawal), Amphetamine Intoxication/withdrawal, Paranoid Personality Disorder, Catatonic Schizophrenia, Delusional Disorder, Major Depressive Disorder, Dysthymic Disorder, Bipolar I Disorder, Bipolar II Disorder, Panic Disorder, Agoraphobia, Obsessive-Compulsive Disorder, PTSD, Acute Stress Disorder, Generalized Anxiety Disorder, Conversion Disorder, Hypochondriasis, Gender Identity Disorder, Anorexia Nervosa, Narcolepsy, Bulimia Nervosa, Antisocial Personality Disorder, Borderline Personality Disorder, Histrionic Personality Disorder, Narcissistic Personality Disorder, Avoidance Personality Disorder, Dependent Personality Disorder.
7. Take the O*Net Interest Profiler on line <http://www.onetcenter.org/overview.html/>. Bring your profile to class and be ready to discuss it with your classmates. **Due: October 27th (5% of grade)**
8. Write a reflection on an article you read in the *International Journal for the Advancement of Counseling* or describe what you have learned on-line about counseling in any of the following countries: United Arab Emirates, Turkey, Australia, Taiwan, Ireland, Japan, Italy, Israel, India, Kenya, Malaysia, United Kingdom, Canada, Argentina, Russia, Poland, (500 words, 2 typed pages). **Due: November 3rd (10% of grade)**

9. Write a reflective paper (500 words, 2 typed pages) on a pivotal time in your life that influenced your decision to seek a degree in counseling? What was it about the time or event that focused your attention on becoming a counselor? Be as specific as you can.
Due: November 10th (10% of grade)
10. Being a Discussion Leader– based on questions you generate given the assignment of the day and the way you engage your fellow classmates in discussion **(10% of grade)**.
11. Final Exam on all chapters of *Counseling: A Comprehensive Profession* **(10% of grade)**

Office Hours

All days of the week (but since I am in and out of the office for various reasons, please let me know you are coming if possible). Office: A114 Tribble Hall; Office telephone: 758-4882,. E-mail: stg@wfu.edu.

Peer Group Evaluation Form

Name of Rater:

Name of Fellow Student Being

Rated: _____

Name of Activity:

Date: _____

In comparison with my fellow group members, I would rate this member of my group as follows (circle one) :

A A-- B+ B B-- C+ C C-- D+ D D-- F

The reason for my rating is as follows. Please give a one to three sentence response.
