

COUNSELING CHILDREN
COUNSELING 746
Fall 2008

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758-1890 (office)

Texts:

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

Thompson, C. L., & Henderson, D.A. (2008). *Counseling Children (7th 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 (5th 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, and communities on the lives of children (CACREP K-5-d; SC 2-a,,b,g; DPI 4 & 5);
2. Recognize particular developmental issues and concerns at various ages (CACREP SC 2-a,,b,g; DPI 4 & 5);;
3. Demonstrate the counseling process and skills in individual and group counseling with children (CACREP SC 2-a,,b,g; DPI 4 & 5);;
4. Discuss different counseling theories and techniques as they apply to children (CACREP SC 2-a,,b,g; DPI 4 & 5);;
5. Describe counseling approaches for youth and children with special concerns (CACREP SC 2-a,,b,g; DPI 4 & 5);;
6. Build partnerships with other adults to promote children's success (CACREP K-5-c,e; SC-3; DPI 10);
7. Enumerate ethical and legal considerations involved in counseling children (CACREP K-1-h; DPI 1- 1 & 4);
8. Explain and defend their personal approach to counseling children.

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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. Annotated Bibliography

Review 15 current articles (last five years) on one of the course topics. You may decide to research one of the theories as it is related to children, a particular problem area such as bullying or parenting, or a childhood disorder. Give me a paper that contains the citation, the summary and your evaluation of the value of the publication.

Grades:

Tests	50%
Class Presentation	25%
Bibliography	25%

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
9/2/08	Childhood – understanding interactive systems and life-span development	Counseling Children, Chapter 1 Play Therapy, Chapters 1 & 2
9/9/08	Counseling Process – common factors, stages, outcomes, systems	Counseling Children, Chapters 2, 16, 17, 19 Play Therapy, Chapter 4
9/16/08	Affective Approaches – Child-centered counseling	Counseling Children, Chapter 6, 16, 17, 19 Play Therapy, Chapter 5; 3, pgs. 43-47 <i>(Oaklander, Chapters 1, 2)</i>
9/23/08	Cognitive Approaches - REBT	Counseling Children, Chapter 8 Play Therapy, Chapter 8
9/30/08	Affective Approaches – individual psychology	Counseling Children, Chapter 11 Play Therapy, Chapter 3, pgs. 38-42, Chapters 6 & 7
10/7/08	Behavioral Approaches – reality therapy	Counseling Children, Chapter 4 & 9 Play Therapy, Chapter 8 <i>(Oaklander, Chapter 4)</i>
10/14/08	Brief Approaches	Counseling Children, Chapters 5 Play Therapy, Chapter 3, pgs. 70-76 <i>(Oaklander, Chapter 5)</i>
10/21/08	Test on Counseling Children and Play Therapy books	
10/28/08	Exceptional Children	Counseling Children, Chapter 19 Oaklander, Chapter 8 Wicks-Nelson & Israel, Chapter 10-14
11/4/08	Working with Parents, Groups	Counseling Children, Chapter 16,17
11/11/08	Child Abuse	Counseling Children, Chapter 12, 16 Problem Areas, Appendices A & B Oaklander, Chapter 5
11/18/08	Conduct Disorders/ Anxiety Disorders	Counseling Children, Chapter 18, A, V Oaklander 6 & 10 Wicks-Nelson & Israel, Chapter 8 & 9
11/25/08	Mood Disorders/ Adjustments Disorders	Counseling Children, Chapter 18, A, B Oaklander 7, 8, 11 Wicks-Nelson & Israel, Chapter 7
12/2/08	Review and Celebration	
12/9/08	Test on Behavioral Disorders	

Assignment #1

Your assignment involves finding data to indicate the well-being (or lack) of children in today's world. Obtain the information 1) for the world, 2) the United States, 3) a state of your choice and 4) 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 are there?**
- 2. What percentage of the population are people under 18?**
- 3. How many children have access to health care?**
- 4. How many children have been immunized against communicable diseases?**
- 5. How many children are living in poverty?**
- 6. How many live in safe neighborhoods?**
- 7. What are the predominant family structures?**
- 8. What percentage of teens are school dropouts?**
- 9. What percentage of 8th graders are proficient in mathematics? Reading?**
- 10. How many children receive food subsidies?**
- 11. How many adults are illiterate?**
- 12. How many teenagers are pregnant?**
- 13. How many children have safe drinking water?**
- 14. How many smoke? Use alcohol? Use other drugs?**
- 15. What is the rate of adolescents committing serious violent crimes?**
- 16. How many are abused?**
- 17. How many are being raised by someone other than a parent?**
- 18. How many suffer from behavioral disorders?**
- 19. What other interesting factoid did you discover?**
- 20. What else would you like to know?**

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
Brazelton Center for Mental Health – www.bazelon.org
Center for Health and Health Care in School – www.healthinschools.org
Center for Health Services, Research and Policy – www.gwhealthpolicy.org
Center for Mental Health in Schools – www.smhp.psych.ucla.edu
Center for School Mental Health Assistance – Error! Hyperlink reference not valid. <http://csmh.umaryland.edu/>
Child Welfare League of America – www.cwla.org
Children's Defense Fund – www.childrensdefense.org
Federation of Families for Children's Mental Health – www.ffcmh.org
Georgetown University Center for Child and Human Development – <http://gucdc.georgetown.edu>
National Academy for State Health Policy – www.nashp.org
National Alliance for the Mentally Ill – www.nami.org
National Association of State Mental Health Program Directors – www.nasmhpd.org
National Center for Children in Poverty – www.nccp.org
National Center for Education in Maternal and Child Health – www.ncemch.org
National Center for Mental Health and Juvenile Justice – www.ncmhjj.com
National Health Law Program – www.healthlaw.org
National Mental Health Association – www.nmha.org
Center for Mental Health Services – www.mentalhealth.org/cmhs
National Institute of Mental Health – www.nimh.nih.gov
Office of Juvenile Justice and Delinquency Prevention – www.ojjdp.ncjrs.org
President's New Freedom Commission on Mental Health – www.mentalhealthcommission.gov
UNESCO www.unesco.org
World Health Organization www.who.org

Assignment #3

Complete the lessons on mental illness and human behavior found at these websites. Be sure to look at the teacher's manual that accompanies them.
<http://science.education.nih.gov/supplements/nih5/mental/default.htm>
http://free.ed.gov/resource.cfm?resource_id=1938

