Course Title:
Counseling Approaches

Course Number:
HR 5533-101

Course Description:
This course emphasizes skills training in counseling approaches utilized by human relations practitioners. The course is organized according to basic counseling theories including psychodynamic, cognitive-behavioral, existential-humanistic, feminist, and multicultural approaches. Concepts and skills will be studied through the readings and in-class discussions, lectures, demonstrations, written exercises, and in-class role-playing (where the student practices being a counselor as well as the one being counseled). Emphasis will be placed upon understanding the nature of the helping process in a practical and applied way.

Note on class process and performance feedback: Self-exploration and some level of self-disclosure are required, inasmuch as effective counseling requires the ability to understand oneself and to articulate personal feelings. Furthermore, feedback about your style of interacting and your counseling skills is an essential part of counselor/helper development. Thus, you will receive periodic interpersonal and skills feedback from the instructor and your peers based on practice exercises in class and class discussions.

Class Dates, Location and Hours:
Dates: December 2-4 & 9-11, 2011
Location: OCCE, Norman, Oklahoma. Classes are held at the Thurman White Forum Building 1704 Asp Avenue.
Hours: Fri 5:30-9:30 p.m.; Sat 8:30 a.m.-4:30 p.m.; Sun 1:00-5:00 p.m.
Last day to enroll or drop without penalty: November 3, 2011

Site Director:
Cathy Yeaman. Assistant: Jan Plavchak. Phone: 405-325-3333; Fax: 405-325-9148; email: apnorman@ou.edu

Professor Contact Information:
Course Professor: Jody Anderson, Ph.D.
Mailing Address: 3131 S. Madison Avenue
Tulsa, OK 74105
Telephone Number: 918-381-0580
E-mail Address: jodyand@me.com
Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

Textbook(s) and Instructional Materials:
Student materials are available at the Follett/AP Bookstore located in the Oklahoma Memorial Union, 900 Asp Ave., Norman, OK. Orders can be placed online at www.oklahomaunion.bkstr.com or by telephone at 866-369-9713 (toll free in the U.S.) or 405-325-5960 (outside the U.S.). E-mail orders may be sent to oklahomaunion@bkstr.com. Representatives are available from 8 a.m. to 6 p.m. CST Monday through Thursday and 8 a.m. to 5 p.m. CST on Friday. Summer hours: 8 a.m. to 4 p.m. CST. Faxed orders may be placed 24 hours a day to 866-223-5607 (toll free in the U.S.) or 405-325-1557 (outside the U.S.).

Note: The Follett/AP Bookstore is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through the Follett/AP Bookstore.

**Course Objectives:**

- To expand the application of counseling theory to HR practice
- To acquire an advanced understanding of counseling theories, approaches, and techniques
- To understand five major forces of psychotherapy (psychodynamic, cognitive-behavioral, existential-humanistic, feminist, multicultural) from a theoretical and practice-oriented perspective
- To investigate the common and specific factors in the therapeutic change process
- To develop interviewing competencies
- To increase self-knowledge related to being an effective human relations professional
- To increase knowledge of ethics, multicultural understanding, and gender sensitivity as these relate to counseling and psychotherapy

**Course Outline:**

The focus of the first weekend will be on reviewing counseling theories and practicing the various approaches in role playing scenarios. During this weekend, you should select a theoretical base that you would like to use in the second weekend for a demonstration. The second weekend will be devoted to individual counseling sessions demonstrated by each student, with constructive critiques by peers and the instructor.

**Assignments, Grading and Due Dates:**

**Attendance (10%)**

Attendance is required for all classes because your ability to learn to be an effective counselor depends on being present to receive supervision and feedback from your instructor and peers. Points will be subtracted from the overall grade for unexcused classes (2 points for every hour missed). This includes coming in late for class and leaving early. Inform me as soon as possible if you know you are going to miss a class for an excused absence. In most cases, some form of make-up assignment will be required. No make-up assignment will be given for unexcused absences. **Due Date: Each class**

**Initial Theory Paper (20%)**

This will be a 4-5 page, APA-style, typed paper about the theories or approaches you are most familiar with, the ones you are most interested in, and any you would like to learn more about. Discuss why you tend toward these approaches and how you might integrate them in practice. Be sure to cite references and include a reference page in APA-style. **Due Date: Friday, Dec 2**

**Group Presentation (20%)**

On the first night of class, groups will be assigned to a particular counseling approach and will give a 30 minute presentation on Sunday of that first weekend. The approaches will be psychodynamic, cognitive-behavioral, existential-humanistic, feminist, and multicultural. You will be given some class time to prepare the presentation. The goal of the presentation is that all students will thoroughly understand this approach, including 1) counselor mind-set and attitude, 2) basic premises, 3) treatment goals, 4) techniques used, and 5) limitations of the approach. **Due Date: Sunday, Dec 4**
Counseling Practice Session (30%)

During the second weekend, each student will conduct a counseling session with a volunteer from the class. This will last approximately 30 minutes with a 10 minute feedback session (varying with how many people are in the class). Select a theoretical approach and demonstrate this to the class. **Due Date: Anytime 2nd weekend**

Paper on Your Integrated Counseling Approach (20%)

This will be a 4-5 page typed paper describing your own unique integrated approach that you will use as a counselor. Use Competency-Building Activity 15.2 on Page 479 of the text. Include answers to questions 1-10 in your paper. This is not a research paper and you do not have to have references or use APA style. Just double space. **Due Date: Dec 15**

Grading:

This is a letter-graded course: A, B, C, D, or F.
A = 90-100, B = 80-89, C = 70-79, D = 60-69, F = Below 60

NOTICE: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy.

Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Honesty

Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the “Student’s Guide to Academic Integrity” found at http://www.ou.edu/provost/integrity

Accommodation Statement

The College of Continuing Education [Advanced Programs] is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course.

Copyright

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: http://www.goou.ou.edu/
INSTRUCTOR VITA

Jody Anderson, Ph.D.

Education

- 1975  Ph.D.  Special Education/Administration, The University of Texas at Austin
- 1969  M.A.  Counseling and Student Personnel Services, Michigan State University
- 1965  B.S.  Education, Oklahoma State University

Current Positions

- Professor Emeritus, Department of Human Relations
- Licensed Professional Counselor (presently inactive)
- Seminar/workshop leader
- Advanced Programs Professor since 199

Frequently Taught Advanced Programs Courses

- HR 5093  Introduction to Graduate Studies in Human Relations
- HR 5083  Group Counseling
- HR 5443  Adolescent Issues in Human Relations
- HR 5100  Counseling Skills
- HR 5473  Women and Mental Health
- HR 5543  Counseling with Diverse Populations
- HR 5713  Women, Work, and the Family
- HR 5113  Solution Focused Brief Therapy
- HR 5113  Stress Management
- HR 5113  Counseling Diverse Populations
- HR 5533  Counseling Approaches in Human Relations
- HR 5573  Personality and Personality Disorders

Major Areas of Teaching and Research Interest

- Cultural diversity in the workplace
- Stress management
- American Indian culture and spirituality
- The body-mind connection
- Archetypes and the collective unconscious
- Ancient wisdom teachings
- The effect of media on women and girls

Representative Publications and Presentations

- Emotional Intelligence
- Silencing our Daughters: Societal Effects on Female Adolescent Development
- Stress Management Techniques for Head Start Parents
- The Media’s Portrayal of Women in Advertising
- Renew Yourself Through Service Oriented Adventures
- Journal of a Dying Patient
- Enhancing Mother Daughter Relationships
- Leadership Diversity in Women
- Differentiated Learning Abilities: Low Risk and High Risk
- Client Centered Counseling

Major Professional Affiliations

- Licensed Professional Counselor (inactive)
- National Board of Certified Counselors