

“In order really to listen, there must be a capacity to hear through many wrappings, and only a mature listener, listening beyond the outer layers of the words that are spoken, is capable of this.” Douglas Steere

Introduction to Professional Counseling CPSY 503
Department of Counseling Psychology
Graduate School of Education and Counseling
Lewis and Clark College
FALL 2009

Monday Sept. 14th - Oct. 12th
5:30-8:30
Rogers Hall 219

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Catalogue Description: CPSY 503 Introduction to Professional Counseling

Basic theoretical assumptions of the counseling profession, with an overview of its historical roots, social, cultural contexts, types of practice, ethical principles, and professional orientation.

Required: One 1 ½ inch notebook with plastic cover insert, paper holders and dividers.

No Required Textbook: Reading is E-mailed- selected readings

Ethical Guidelines:

Students will obtain a current copy of the ACA Ethical Guidelines for notebook.

Learning Objectives; Guided by the CACREP standards of learning about professional identity. This class will provide an understanding of:

- ❖ History and philosophy of the counseling profession
- ❖ Professional roles, functions, and relationships with other human service providers
- ❖ Professional organizations like ACA, divisions, functions, and services to members
- ❖ Professional credentialing, certification, licensure, accreditation practices, professional organizations, journals and effects on public policy
- ❖ The role of professional counselor in advocating on behalf of the profession
- ❖ Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- ❖ Ethical standards of ACA and related entities, and applications of ethical and legal considerations in professional counseling

- ❖ The current modes and settings of the counseling practice
- ❖ How to be conversant about philosophical, ethical, and political issues regarding the role of counselors in various settings through both discussion and writing
- ❖ Researching information about counseling which includes the use of technological competence and computer literacy

Class Assignments:

1. **Professional Interest Paper:** Write a two to three page position paper describing your interest in the counseling profession, include dynamics of your personal worldview that has informed your decision to become a professional Counselor. Your world view includes but is not limited to the following elements: *physical ability, culture, race/ethnicity, gender, social and political processes, socioeconomic status, exile/migration, religious and spiritual beliefs, language, education, gender, sexual orientation and age*. In the conclusion include some objectives you have for your studies during graduate school. This paper is not formatted in particular style except to use a 12 font 1 & ½ line space. Please include references if you choose to cite particular authors.
2. **One “group quiz” on the history of the counseling profession.** This will be based on a chapter reading and given during class time. A historical timeline will be developed integrating social and political influences on the development of the counseling profession.
3. **Lead/participate in class discussions of readings.**
4. **Library research:**
Go online to the library and find three current articles (2003 and later) that are related to your academic and counseling interests. Hand in the names/authors/date of these articles **as well as four to five sentences about each article.** Do not hand in the copy of the article.
5. **Complete a formatted notebook** containing all pertinent information related to becoming a professional counselor. See attached outline.***

Late Assignments:

Assignments are due at the beginning of class (otherwise considered a day late).
5 point deduction for a late assignment per day.

Grading:

Professional Interest Paper=20 pts

Quiz on History=10

Lead/participation in class discussions=10 pts

Library assignment=20 pts

Final Note Book=40

A 100-90 B 89-80 C 79-70 below 70 failure of class

Confidentiality

Students are expected to read and abide by the ACA, AMFT, APA or NBCC guidelines. Failure to follow guidelines can be cause to fail the class.

Internet portrayal of class events, shared personal stories and classmate interactions are prohibited.

Discretion is to be employed when discussing class events with others outside the classroom.

Attendance:

Notification of absence required. Any absence requires make-up assignment. More than 1 hour of absence is possible failure to complete the class and is at the discretion of the professor. No absences allowed on the final class night.

Laptops and Cell Phones:

Due the experiential nature of the class laptops may be used only when designated by the instructor. Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may exit the class to use your cell. Laptops and cells phones may of course be used on breaks. Please come prepared to take hand written notes. If an alternate ability requires the use of a laptop please let the instructor know at the beginning of the semester.

Please notify instructor at the beginning of the semester of any special learning conditions that need to be addressed as covered by the American Disabilities Act.

Week One September 14th

- ❖ Professional Orientation Overview
- ❖ Strategies for Success in Graduate School
- ❖ The role of professional counselor in advocating on behalf of the profession
- ❖ Ethical standards of ACA and related entities, and applications of ethical and legal considerations in professional counseling
- ❖ Activities:
 - Introductions
 - Syllabus Review
 - Professional Notebooks
 - Portfolios
 - Reading and Discussion
 - Ethical Considerations

Week Two: September 21st

Assignment Due: Professional Interest Paper, Read assigned articles on history.

- ❖ History and philosophy of the counseling profession
- ❖ Professional roles, functions, and relationships with other human service providers
- ❖ Researching information about counseling which includes the use of technological competence and computer literacy
- ❖ Professional credentialing, certification, licensure, accreditation practices, professional organizations, journals and effects on public policy
- ❖ Professional organizations like ACA, divisions, functions, and services
- ❖ Activities:

Library Use & Research Presentation

History Quiz

Power point Overview of Professional Counseling

Week Three: September 28th

No Formal Class Meeting

Activities: Library Research

Build Notebook

Assigned Readings

Week Four: October 5th

Assignment Due: Read articles

- ❖ How to be conversant about philosophical, ethical, and political issues regarding the role of counselors in various settings through both discussion and writing
- ❖ Parity Bill in Oregon Legislature
- ❖ Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- ❖ Activities:
 - Discuss Readings
 - Parity Bill
 - Discuss self-care

Read all E-reading: Social Justice and Multi Cultural Issues

Stress Induced Challenges to the Counselor Role

Helping is a Personal Journey

E-reading: Choose Two out of the following selections to read

Hawaiian Psychology

Geography of Thought

The Ecology of Magic

Listening Beyond the Words: Working with Exchange

Being Lakota

Tao of Life Stories

Week Five: October 12th

Assignment Due: Library Resource Articles & Professional Intentions Completed Professional Notebooks

- ❖ How to be conversant about philosophical, ethical, and political issues regarding the role of counselors in various settings through both discussion and writing
- ❖ Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- ❖ The current modes and settings of the counseling practice

- ❖ Activities:
 - Presentation of Counseling Interests
 - Review of Completed Notebooks