

## **BC305 COUNSELING AND ETHICS PRACTICUM I SYLLABUS**

### **I. COURSE DESCRIPTION**

A course designed to introduce the practices, processes, and procedures involved in counseling based on the theory and practice taught in BC210 Counseling Theory. Special emphasis will be given to the development of beginning skills in the counseling process as well as ethical practices in general and in particular in issues related to the integration of working with clients with a diversity of faith backgrounds. Direct interaction in 20 one-hour individual counseling sessions will be required over a two semester period when the student is registered for this course. *Prerequisite:* BC210 Counseling Theory (for MABC students only). Enrollment open to students not in the MABC program. Enrollment limited to 12 students per section. *3 hours.*

### **II. COURSE OBJECTIVES**

To give students an understanding about their own personality as well as integrate their personal awareness with how the personality of the counselor affects the therapeutic experience. Class discussion and assignments will develop students' skills for providing effective counseling, such as:

1. Developing basic interviewing and assessment skills.
2. Understanding and adjusting to the range of emotions expressed during the counseling sessions.
3. Gaining understanding and appreciation for the counseling process through direct exposure, such as during students' personal counseling sessions.
4. Identifying and working through personal struggles in preparation for serving and counseling others.
5. Developing the interpersonal skills required in effective counseling
6. Understanding and adjusting to emotions during the counseling sessions.
7. Developing ethically sound record keeping skills and practice.
8. Overview of professional practice and professional identity as a counselor.
9. A review and study of current Texas State Board of Examiners of Professional Counselors rules.
10. Developing ethical components of the professional therapeutic relationship and the process of therapy.

### **III. COURSE TEXTBOOKS**

#### **A. Required**

Meier, S. T., & Davis, S. R. (2010). *The elements of counseling*. (7th ed.). Belmont, CA: Brooks/Cole, Cengage Learning.

Teyber, E. (2010). *Interpersonal process in therapy: An integrative approach* (6<sup>th</sup> ed.). Brooks/Cole Publishing Co.

Sbanotto, E. A. N., Gingrich, H. D., & Gingrich, F. C. (2016). *Skills for effective counseling: A faith-based integration*. IVP Academics.

**B. Suggested**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.

Sanders, Randolph K. (2013). *Christian counseling ethics: A handbook for psychologists, therapists, and pastors*. IVP Academics.

**IV. COURSE REQUIREMENTS**

**A. Reading Assignments**

Students are expected to keep up with reading assignments (see course schedule) and maintain an accurate reading log.

**B. Written Assignments**

Students are expected to complete individual counseling (20 sessions) and journal writing assignments convey their progress during these and other course-related exercises. While journals are due every other week, entries should be made weekly. A counseling schedule will be determined on the first day of class.

Several forms are also required. All the below forms may be found at:  
<http://www.dts.edu/departments/academic/bc/downloads/>

*1A. Counseling Log* (Log to be turned in the last week of class to the BC office directly)

*1B. Ethics Agreement* (to be turned in the first week of class to the BC office directly)

**C. Quizzes**

There will be six quizzes covering the chapters of the text, discussions and class experiences. If you miss a quiz for any reason, you will not be given the opportunity to make up the quiz. THERE WILL BE NO EXCEPTIONS. However, you may drop your lowest quiz score.

**D. Video Content**

Professor will provide supplemental video content via canvas for students to view.

**V. COURSE SUPPLEMENTAL INFORMATION**

DTS does not discriminate on the basis of disability in the operation of any of its programs and activities. To avoid discrimination the student is responsible for informing the Coordinator of Services for Students with Disabilities and the course instructor of any disabling condition that will require modifications.

**VI. COURSE POLICIES**

**A. Letter/Numerical Grade Scale**

<b>A+</b>	<b>99-100</b>	<b>B+</b>	<b>91-93</b>	<b>C+</b>	<b>83-85</b>	<b>D+</b>	<b>75-77</b>	<b>F</b>	<b>0-69</b>
<b>A</b>	<b>96-98</b>	<b>B</b>	<b>88-90</b>	<b>C</b>	<b>80-82</b>	<b>D</b>	<b>72-74</b>		
<b>A-</b>	<b>94-95</b>	<b>B-</b>	<b>86-87</b>	<b>C-</b>	<b>78-79</b>	<b>D-</b>	<b>70-71</b>		

## **B. Weighing of Course Requirements for Grading**

Journal Entries	30%
Evaluation of Development of Basic Skills	15%
Review of Ethical Practice	15%
Quizzes	30%
Reading Log	10%

## **C. Class Participation**

Students are expected to arrive to class on time and to be prepared to participate in classroom activities.

## **D. Late Assignments**

No late assignments will be accepted. If a student does not turn in the assignment when it is due or does not show up for a scheduled quiz, it will result in a zero for that assignment. There will be no exceptions.

## **E. Absences**

Upon the third absence (justified or not) the student will be dropped from the course. Excessive absences indicate a lack of priority for the course at this time in the student's life and should thus be repeated at a more appropriate time in the future for the student.

## VII. TENTATIVE SCHEDULE

No.	Date	Class Topic	Reading Assigned*	Journals / Quizzes Due
1	8/30	Introduction and Requirements. Overview of Professional Counseling Ethics and TSBEPC	Title 22, Texas Administrative Code, Chapter 681  (To be reviewed in class)	
2	9/6	The Counseling Process	Meier pp 1-81	Journal #1  <i>Form 1B</i> due to BC office
3	9/13	Establishing a Working Alliance; Role Play and Discussion	Teyber Ch 1 & 2	Quiz 1
4	9/20	Client Resistance	Teyber Ch 3	Journal #2
5	9/27	Change	Teyber Ch 4	Quiz 2
6	10/4	Responding to Emotions	Teyber Ch 5	Journal #3
7	10/11	Faith-Based Integration	Gingrich Ch. 15 & Appendix D	Quiz 3
8	10/18	Family and Developmental Factors	Teyber Ch 6	Journal #4
9	10/25	Interpersonal Coping Strategies	Teyber Ch 7	
10	11/1	Interpersonal Factors	Teyber Ch 8	Journal #5  Quiz 4
11	11/8	Interpersonal Solutions	Teyber Ch 9	Quiz 5
11/12-16		Reading Week – No Class		
11/19-23		Thanksgiving Break – No Class		
12	11/29	Working Through and Termination	Teyber Ch. 10	Journal #6
13	12/6	Psychotherapy and Christian Ethics	Sanders Ch. 2 & Ch. 9	Quiz 6
14	12/13	Case Notes, Supervision, Professional Practice and Rules review		<i>Form 1A (Log)</i> due to BC office upon completion of 20 session
12/17-20		Final Exam Week – No Final Exam		

\* Each reading assignment is due by the next class period.