

**UNIVERSITY OF NORTH TEXAS
COUNSELING PROGRAM
COUN 4620 INTERPERSONAL SKILLS IN HELPING RELATIONSHIPS
Spring 2020 Course Syllabus**

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Office Hours: By Appointment

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Class Meetings: Tuesday and Thursdays from 9:30 – 10:50 PM

Catalog Description

3 hours. Didactic and experiential training in interpersonal relationships; analysis and application of effective counseling activities.

Prerequisite: COUN 2610 or with permission

Goal of the Course

As a step in the process towards professional growth and understanding of the counseling profession, each student will develop an integrated awareness of self through relationships and acquire skills necessary in building and maintaining therapeutic interpersonal relationships. Each student is expected to be able to apply counseling skills at the end of the course.

Methods of Instruction

This integrative, discussion-based seminar-style course is designed to be highly interactive, and students will be invited to participate in numerous ways. Class readings will be supplemented with classroom lectures, written and experiential activities, discussions, videos, guest speakers, and student presentations.

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Required Texts

Corey, G., (2017) *Theory and practice of counseling and psychotherapy*. Singapore: Cengage Learning Asia Pte. Ltd.

Neukrug, E. (2017) *Theory, practice, and trends in human services: An introduction* (6th ed). Boston, MA: Cengage Learning]

Recommended Texts

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.

Tolan, Rose & Cameron, Rose (2017) *Skills in person centered counseling & psychotherapy* (3rd ed). Los Angeles, CA: Sage Publications, Inc.

Assessment / Evaluation

Assignment	Points	Due Date
Participation	10 points	End of Semester
Chapter Learning Reflections	20 points (4 total)	Tentative Dates: January 28, February 18, April 7, April 30.
Quizzes	30 points (3 total)	Tentative Dates: February 6, March 5, April 9.
Critique of Counselor / Therapist in the Media Paper	40 points	April 21, 2020
Extra Credit Assignments	2.5-5 points (10 points total)	April 17, 2020
Total points	100 points	End of Semester

Grading Scale

A: 90/ 100
B: 80 / 100
C: 70 / 100
D: 60 / 100

Participation (10 points):

Participating in classroom discussion is important to the learning experience. Participating in the weekly discussions allows students and instructors to share experiences, explore subject matter, share expertise, and examine the content from new perspectives.

The qualitative participation requirements are:

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- Supporting the interactive classroom environment by being responsive to classmates shared experiences in ways that integrate course theories with a practical application of the subject, offering a personal observation or experience, or referencing real-world examples, current events, or presenting current research on the topic.
- Responses in class should encourage further discussion and ongoing dialogue with other students and the instructor in the class. Plan on asking additional, relevant questions about the week's topic.
- Communications in class should be presented in a professional and supportive manner, with respectful tone.

Attendance:

Class participation points are determined by attendance, punctuality, engagement of in class discussions, and participation during in-class exercises. This class will be interactive in nature and therefore active engagement is critical for success in this course. I ask that you come to class prepared by having read and reflected on the reading assignments. The counseling profession is one requiring skills to stay open and engaged with clients and class participation will be designed to help students identify and strengthen their helping skills and skills that make take them out of their comfort zone.

Students in my class will be extended the courtesy of **3 excused absences without penalty**. Absences beyond the 3 excused absences will incur a 3-point deduction. In other words, absence number 4 will earn a 3-point deduction from your final grade. If you are absent from class for a 5th time you will lose a total of 6 points from your final grade. Students absent from class more than 5 times may be subject to withdrawal status or withdrawal fail status. For extenuating circumstance, please see the instructor.

The above policy is intended to allow for reasonable accommodation in case of illness, family emergencies, or transportation problems. Individuals who chose to use non-penalized absences for other situations risk not having allowable absences available when needed. Accommodations will only be made in situations when all absences are severe, extenuating, and documented. Students are responsible for signing the daily roster. Students are also responsible for ALL material and assignments covered on days they are absent. In the event of an absence, please contact a classmate to get pertinent class notes, handouts, etc.

Lateness/leaving early: Class will begin promptly at the scheduled time and end at the scheduled time. The instructor may choose to document late arrivals and early departures as 1/2 absences.

Observation of Religious Holy Days: If you plan to observe a religious holy day that coincides with a class day, please notify your instructor as soon as possible.

Late Assignments (Effective 1/14/20): For any assignments turned in past the due date, there will be a deduction of points as follows:

The student is responsible for turning in all assignments on the due date.

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COURSE REFLECTIONS (20 POINTS TOTAL)

Students will demonstrate critical thinking skills and mastery of instructional material(s) by participating in (4) Course Reflections. Students must bring an index card listing a minimum of 5 things they have learned, agreed, disagreed, related to, or just found interesting to date to share with their classmates. After sharing in class, students should be prepared and turn in their index cards at the end of class to receive credit.

Here are some helpful prompts to get you thinking:

1. The “thing” with which I agreed with most...
2. The “thing” with which I disagreed with most...
3. The “thing” I would most like to discuss / ask about / reflect upon...

Course reflections will be done tentatively every 4 weeks of the course. Students should be prepared to share reflections orally in class. Each course reflection will be worth 5 points each.

QUIZZES (30 POINTS TOTAL):

A total of 3 quizzes will be given during this course, worth 10 points each. If you are absent from class on a quiz day, you may utilize one of the extra credit options to make up the lost points.

FINAL PROJECT (40 POINTS TOTAL)

Counselor/Therapist Critique Paper:

Students will find an example of counseling/therapy in popular media (e.g. television, or movies) and provide a brief description of the counseling environment, counseling process, and counselor’s nonverbal and verbal responses to the client. Students will provide a critique of the counselor/counseling process considering their learning and experiences in this class identifying strengths, weaknesses, and personal reactions. This critique should be written in APA style. Minimum word count 1000, maximum word count 1500. Papers are expected to have correct grammar, punctuation, and spelling. Papers should be turned in on time. See Rubric on Canvas.

Extra Credit Opportunity (5 points): Watch Brene’ Brown’s *Call to Courage* on Netflix and write a paper (300 words) on your take aways, at least five. Paper should be written in APA style. **Due: 4/17/2020** by 11:59pm.

Extra Credit Opportunity (2.5 points each): Watch one of Brene’ Brown’s Ted Talks *The Power of Vulnerability* or *Listening to Shame* https://www.ted.com/speakers/brene_brown and write a paper (150 words) on your take aways, at least three. Paper should be written in APA style. **Due: 4/17/2020** by 11:59pm.

Other Requirements and Special Note of Instruction

Expectations

Students are expected to turn in written assignments no later midnight the day they are due. Extensions will be granted at the discretion of the instructor PRIOR to the due date of the

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assignment. No extensions will be granted the day an assignment is due or after the due date. Late assignments will be penalized 10% for *each day* they are late. Assignments turned in more than 7 days after the due date will **not** be accepted for credit. If you feel you have extenuating circumstances, please request a time to meet to discuss.

Cell phones and tablets must be silenced during class for the respectful learning of all, unless otherwise requested. Students who need to respond to an emergency call may leave the class with minimal disruption.

Sharing and Confidentiality

In this course, each student is required to reflect on one's own developmental journey. This reflection will involve self-examination and sharing of personal information with the class. It is important that students strive to be appropriate in personal sharing. To promote an emotionally safe learning environment, each student will be asked to maintain confidentiality of others' personal material shared in class; however, confidentiality cannot be guaranteed. Therefore, each student should be mindful of what one chooses to share. Each student is encouraged to take risks and to challenge oneself while maintaining personal boundaries that are important to one's continued wellbeing and development as a professional in training and a person.

Discussions, exercises, activities, and presentations in this course may elicit unexpected emotions and memories or uncover previously hidden psychological processes that students may find unsettling. If at any time you feel that you are overwhelmed, please feel free to leave the room, pass from the current activity, and/or talk with the instructor. If you would like counseling to address personal concerns, you may contact UNT's Counseling & Testing at (940) 565-2741 or seek personal counseling at your own expense.

SYLLABUS ADDENDUM

Academic Integrity and Academic Dishonesty

Academic Integrity is defined in the UNT Policy on Student Standards for Academic Integrity. Academic Dishonesty includes cheating, plagiarism, forgery, fabrication, facilitating academic dishonesty, and sabotage. Any suspected case of Academic Dishonesty will be handled in accordance with University policy and procedures. Possible academic penalties range from a verbal or written admonition to a grade of "F" in the course. Further sanctions may apply to incidents involving major violations. The policy and procedures are available at: <http://vpaa.unt.edu/academic-integrity.htm>.

Acceptable Student Behavior

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for

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student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.deanofstudents.unt.edu

Disability Accommodation

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

EagleConnect

All UNT students should activate and regularly check their EagleConnect (e-mail) account. EagleConnect is used for official communication from the University to students. Many important announcements for the University and College are sent to students via EagleConnect. For information about EagleConnect, including how to activate an account and how to have EagleConnect forwarded to another e-mail address, visit <https://eagleconnect.unt.edu>. This is the main electronic contact for all course-related information and/or material.

Emergency Notifications and Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Observation of Religious Holy Days

If you plan to observe a religious holy day that coincides with a class day, please notify your instructor as soon as possible.

Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted

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during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about students' records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy.

Sexual Discrimination, Harassment, & Assault

UNT is committed to providing an environment free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. If you (or someone you know) has experienced or experiences any of these acts of aggression, please know that you are not alone. The federal Title IX law makes it clear that violence and harassment based on sex and gender are Civil Rights offenses. UNT has staff members trained to support you in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, helping with legal protective orders, and more.

UNT's Dean of Students' website offers a range of on-campus and off-campus resources to help support survivors, depending on their unique needs: http://deanofstudents.unt.edu/resources_0. Esther Oppong is UNT's Student Advocate and she can be reached through e-mail at SurvivorAdvocate@unt.edu or by calling the Dean of Students' office at 940-565-2648. You are not alone. We are here to help.

Student Perceptions of Teaching (SPOT)

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13 and 14 of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the spot website at www.spot.unt.edu or email spot@unt.edu.

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Tentative Course Schedule

*Dates on the calendar are subject to change depending on class needs and scheduling conflicts

Date	Class Topic	Readings Due	Assignment Due
01/14/20 Week 1	Introduction, Review of Syllabus	None	Get textbook
01/16/20	History, Definition and Current Issues for the Human Services Professional Introduction to the Case of Stan	Chapters 1 – 2 Neukrug Chapter 1-2 Corey	
01/21/20 Week 2	Professional Standards and Ethical Decision Making (Guest Lecturer-L. Clement)	Chapter 3 Corey	
01/23/20	Theoretical Approaches Psychoanalytic Therapy	Chapter 4 Corey	
01/28/20 Week 3	The Helping Interview Skills Practice (Guest Lecturer – M. Holloway)	Chapter 5 Neukrug	1st Course Reflection Due
01/30/20	Couples, Family, and Group Helping Family Systems Therapy	Chapter 7 Neukrug Chapter 14 Corey	
02/04/20 Week 4	Development of the Person Adlerian Therapy	Chapter 6 Neukrug Chapter 5 Corey	
02/06/20	The Role of Consultation and Supervision (Guest Lecturer)	Chapter 8 Neukrug	Quiz
02/11/20 Week 5	Cultural Competency Behavior Therapy	Chapter 9 Neukrug Chapter 9 Corey	
02/13/20	Diverse Client Populations	Chapter 10 Neukrug	
02/18/20 Week 6	Research and Evaluation Q&A Reality Therapy	Chapter 11 Neukrug Chapter 11 Corey	2nd Course Reflection Due

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02/20/20	Career Development	Chapter 12 Neukrug Chapter 12	
02/25/20 Week 7	Theoretical Framework Postmodern Approaches	Chapter 1 Chapter 13 Corey	
02/27/20	Empathy and Self Compassion- Daring Greatly Video	Cameron, C. D., Hutcherson, C. A., Ferguson, A. M., Scheffer, J. A., Hadjandreou, E., & Inzlicht, M. (2019). Empathy is hard work: People choose to avoid empathy because of its cognitive costs. <i>Journal of Experimental Psychology: General</i> , 148(6), 962–976.	
03/03/20 Week 8	Congruence Person-Centered Therapy	Chapter 7 Corey	
03/05/20	Congruence in Practice	Chapter 7 Corey	Quiz
03/07/20 Week 9	Gloria Video: Person Centered - Rogers, Gestalt - Perla, and RET Ellis	Chapter 8, 10 Corey	
03/17/20	Unconditional Positive Regard	Chapter 7 Corey	
03/20/20	In Class Movie	None	
03/24/20 Week 10	In Class Movie	None	
03/26/20	Existential Therapy	Chapter 6 Corey	
03/31/20 Week 11	Wellness/ Self-Care Self-compassion.org	None	
04/02/20	Role of Politics, Prejudice, Power and Privilege	None	

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04/07/20 Week 12	Integrative Perspective Beginnings and Endings Q & A	Chapter 15 Corey	3rd Course Reflection Due
04/09/20	Application and Practice Role Play/Group Work	None	Quiz
04/14/20 Week 13	Managing the Work in an Organization/SIOP (Guest Lecturer, Dr. Wheeler)	None	
04/16/20	Application and Practice Role Play/Group Work	None	Last Day to Submit Extra Credit 4/17/2020
04/21/20 Week 14	Application and Practice Role Play/Group Work	None	Critique of Counselor / Therapist in the Media Paper Due
04/23/20	Q & A	None	
04/28/20 Week 15	Class Practice and Review	None	
04/30/20	Class Reflection	Last Day of Class	4th Course Reflection Due
05/02/20 – 05/08/20	FINALS WEEK		No Class