FARMINGDALE STATE COLLEGE

DEPARTMENT: PSYCHOLOGY               PREPARED BY: PSYCHOLOGY DEPT.
DATE: FALL 2017

COURSE TITLE: Individual and Group Counseling

COURSE CODE: PSY 410

CREDITS: 3

CONTACT HOURS: 45

CATALOG DESCRIPTION:

This course will explore what counseling is, who is a counselor, and what is known about changing behavior in both individual and group settings. Historical concepts of counseling will be examined as well as the scientific foundations of counseling. Research findings related to counseling techniques will be presented and analyzed. The course will focus on a variety of counseling approaches, the therapeutic relationship, legal and ethical issues, and the realities of therapeutic practice. Cultural influences on behavior will be emphasized as a way of understanding and helping clients from diverse backgrounds. Prerequisite(s): PSY 315. Credits: 3 (3,0)

PREREQUISITES: PSY 315 or permission of the department chairperson.

REQUIRED FOR: Applied Psychology program, Human Services Concentration

ELECTIVE FOR: All curricula with upper level social science electives.

Individual and Group Counseling

Course Description
This course will explore what counseling is, who is a counselor, and what is known about changing behavior in both individual and group settings. Historical concepts of counseling will be examined as well as the scientific foundations of counseling. Research findings related to counseling techniques will be presented and analyzed. The course will focus on a variety of counseling approaches, the therapeutic relationship, legal and ethical issues, and the realities of therapeutic practice. Specialty areas of counseling to be addressed will include: marital, family, sexuality, substance abuse, child abuse, domestic violence. Skills and techniques of counseling, crisis intervention and group therapy will be discussed as part of the concept of professional practice. The needs of special populations (children/adolescents, elderly, disabled, gay, caregivers) will be considered as well as issues related to mentally ill patients, the chronically and terminally ill, and the bereaved. Cultural influences on behavior will be emphasized as a way of understanding and helping clients from diverse backgrounds. Students are encouraged to personalize the content and to apply what they learn to their own lives.

Course Outline

I. The Mental Health Profession: Who is a Counselor?
• characteristics of the effective counselor
• active listening, empathy, communication and self-awareness
• multi cultural factors
• ethical, professional and legal issues

II. Theories of Counseling: Psychodynamic, Cognitive-Behavioral, Humanistic

III. Counseling Skills and the Helping Relationship
• conceptualizing client problems
• stages of the counseling relationship
• case management and record keeping
• facilitative conditions

IV. Family Counseling
• a systems approach
• the dysfunctional family
• culturally diverse families

V. Working with Groups
• the group process: initial session, facilitation, intervention, termination issues
• re-framing client issues and group feedback
• specialized groups: parent, adolescent, divorce, elderly, disability, bereavement, recovery/12-step, chronic illness, abuse, family violence
• groups in organizational settings
• consultation and supervision

VI. Career Development: The Counselor and the World of Work
• assessment and interviewing
• advising the culturally different client
• locating career resources and information on the Internet

VII. Multi cultural Counseling
• racial and religious heritage in the United States
• sexual orientation differences
• culturally diverse groups in the United States

VIII. Community Agency and Mental Health Counseling
• the role of the mental health counselor in the community
• special issues in an agency setting
• availability of counseling services in the community

IX. School Counseling
• the role of the school counselor
• special issues in an educational setting

X. Counseling in Higher Education
• the role of the student affairs specialist
• theories of student development
• special issues in college student counseling

XI. Your Future in the Counseling Profession
• choosing a specialty area
• educational and career planning
• the job search
• taking care of yourself: stress management
• trends for the future

Behavioral Objectives

1. Describe the role of the counselor; emphasize the importance of listening skills and self-awareness.

2. Explain how multi cultural factors might influence the counseling process.

3. State what is meant by professional, legal and ethical issues; give examples of each.

4. Compare the different theories of counseling; describe situations in which each might be used.
5. Assess a client’s problem and plan an effective counseling strategy.

6. Describe the stages of the counseling process and key facilitative conditions.

7. Practice standardized record keeping.

8. Learn effective case management techniques.

9. Demonstrate knowledge of the issues involved in working with diverse populations.

10. Describe the differences in individual vs. group counseling situations.

11. Demonstrate knowledge of the information and resources available for career counseling.

12. Understand the importance of consultation and supervision in the counseling process.

13. Learn the significant characteristics of the different multi cultural groups in the United States.

14. Explore the role and impact of community agencies and mental health centers.

15. Describe the role of the school counselor and the special needs of student populations.

16. Research the availability of counseling services in your community.

17. Assess your personal decision to enter the counseling profession.