FALL 2011
CNS 740: PROFESSIONAL ORIENTATION TO COUNSELING
WAKE FOREST UNIVERSITY
DEPARTMENT OF COUNSELING

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Time and Location
Tuesday – 9:00 – 11:30 a.m., Tribble A105

Course Content
This course is an introduction to the profession of counseling. It covers the history of counseling, as well as the roles that counselors play in today’s society. It examines counseling associations and specialization areas within counseling. Professional issues such as licensure and certification of counselors are explored, too. Public policy, advocacy, and other contemporary factors that impact the present and future of counseling are looked at in context and developmentally.

Course Objectives
Knowledge
• Become knowledgeable about the various aspects of professional counseling including historic and contemporary elements that have shaped the field.
• Delineate the similarities, differences, and relationships between counseling and other helping professions.
• Learn about the process of counseling.
• Learn about the specialization areas within the counseling profession and how counseling organizations, such as the American Counseling Association, are structured.
• Examine the ethical standards and legal issues related to counseling as well as the credentialing of counselors through state licensing boards and NBCC.
• Become acquainted with the accreditation of counseling programs, such as school counseling and clinical mental health counseling, through CACREP.

Skills and Practices
• Demonstrate how to work with diverse client populations.
• Explain how to stay healthy and creative as a counselor.
• Master the rudiments of professional writing, including APA style.
• Learn how to advocate and address institutional and social barriers that impede access, equity, and success for clients.
• Practice ways of promoting positive mental health within society.

Course Policies
There is no prerequisite for this course. Students will be expected to be on time and attend 90% of all classes and actively participate in class. Class members will be expected to grapple with questions related to the readings and questions raised in class.

Method of Instruction
This course will use varied methods of instruction including reading of required texts, brief lectures, PowerPoint, class discussion, viewing of DVD and videos, group presentations, case history analysis, and experiential exercises.

Required Reading

**Schedule of Assignments**

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<tr>
<th>Date</th>
<th>Topic</th>
<th>Readings</th>
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<tr>
<td>September 6</td>
<td>History of and Professionalism in Counseling</td>
<td>Ch. 1-2</td>
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**Wake Forest Resources**

**Questions:** What is special about counseling? How does it differ from other helping professions? How is it distinct? What is its history? Who are its most notable and quotable ancestors? How do you define a professional counselor? What is a professional course of study for a counselor? What is accreditation and licensure? Why are they important? What resources are available for you to do research at Wake Forest University? Where do you find them? How do you use them? How do you access them from off campus? An orientation to the Z. Smith Reynolds Library resources; **bring your laptops!**

Why is APA style important? What parts of it do you find most difficult at this point in your career? What parts seem easiest?

**Read OWL from the Purdue University website on APA style** (http://owl.english.purdue.edu/owl/resource/560/01)

and the website on APA style

http://www.apastyle.org/learn/tutorials/basics-tutorial.aspx

Take the tutorial on APA style (it takes approximately 30 minutes) and let me know if you have any questions. It is required that you write all of your paper in the Department of Counseling in APA style.

September 13 Ethical and Legal Aspects of Counseling  Chapter 3
Appendix A  2005 ACA Code of Ethics

Questions of the day: What are ethics? What are the advantages of following an ethical code? What are the limitations? Why are ethics important to counselors, especially ACA ethics? What areas are covered? What areas would you include if you could rewrite this document? How does the legal system view counseling? How broad is the law regarding counseling in the state in which you hope to practice? What is the counseling law like in North Carolina? (http://www.ncblpc.org/) Why is it important to be certified as a counselor by NBCC? Why is it important to earn licensure as a counselor on the state level?

Sept. 20  Wellness and Creativity as a Counselor  Csikszentmihalyi (entire book)

Questions of the day: What is wellness? What is creativity? How do these two concepts relate and why are they important in counseling? How do you stay well? How do you maximize your creativity? How do you help clients do the same? (Assignment #1 is due)

Sept 27  Multicultural and Diversity Counseling  Chapter 4-5

Questions of the Day: What is a culture? What is your cultural background? How has your culture influenced your behavior up to this point in your life? What has been your experience with cultures other than your own? What behaviors and characteristics have you borrowed from other cultures? What characteristics do you not like or eschew from other cultures? Why are the ACA Multicultural Competency Standards important? What are the Standards strengths? What are their limitations? (Assignment #2 is due)

Oct 4  The Process of Counseling  Chapters 6-8

Questions of the Day: Since counseling is not magical or mysterious, what are the factors that go into making it effective? What techniques work best in what stages of the process? What is the difference between open-ended and closed-ended questions? What are microskills? Why are some counselors more effective than others?
Oct 11  Test 1  *Counseling: A Comprehensive Profession (Chapter 1-8)*

Oct 18  Working from a Theoretical Perspective  Chapters 9-10

Questions of the Day: What theory or theories covered in these two chapters do you find yourself most drawn to? What do you think the attraction is? How do you think you would or could adopt or adapt one or more of these primary counseling theories to your personality or style of interacting? What are the benefits of doing so? What are the drawbacks?

Oct 25  Groups, Consultation, and Evaluation  Chapters 11-13

Questions of the Day: How does group counseling differ from individual counseling? What groups have you been in that were especially beneficial to you? What do you think the group dynamics were that made these groups so meaningful or productive? How could task/work groups be therapeutic? How do they differ from psychotherapy groups?

What experiences do you have that would help you be a consultant? What background do you have to have to be an evaluator? How are the two similar? How do they differ? What is the relationship of counseling to consulting or evaluating?

Nov. 1  Disorders, Diagnosis, Treatment, & Career Counseling  Chapter 14, Appendix C

Questions of the Day: What is a disorder? Why call something a disorder instead of a neurosis or a psychosis? How do you learn to diagnose? What are the benefits? What are the drawbacks? What do you think would be the hardest diagnosis to make? Why? What do you think would be the easiest diagnosis to make? Why? What are multiple disorders and what part do they play in the lives of people who are having a difficult time coping with life? *(Assignment # 3 due)*

What does career counseling have to do with personal counseling? Why do you think career counseling was the first specialty in counseling to emerge? Go to the O*Net website and
complete the O*Net inventory (http://www.onetcenter.org/IP.html?p=3)

Take the Interest Profiler Instrument- O*Net Home Page http://www.onetcenter.org/overview.html/). What does it tell you that you already knew? What did you learn from taking the inventory and getting your results?

Nov. 8    Perceptions, the Media, & Realities of Counseling    Becoming a Counselor (book)

Questions of the day: Professional helpers are seen in a number of ways, e.g., Good Will Hunting, The Sopranos, The Bob Newhart Show, etc. These films and television shows all feature a character in a helping relationship. Come to class prepared to discuss how helping is seen in movies, television, fictional books, self-help books, music, and popular magazines. Check the ACA website and other internet resources in regard to ways to be an effective counselor. Be ready to discuss these ways in class as well as the experiences that have altered and illuminated your life as a person and as a growing professional. (Assignment #4 is due)

Nov 15    Family, School, & College Counseling    Chapters 16-18

Questions of the day: Counseling is practiced with families and in different educational settings as well as in abuse and clinical mental health settings. When reading chapters 16 through 18 ask yourself how you would feel if you were working with a family or in an educational settings. What concerns would you have? What aspects of working with a family or in an educational setting do you think would be the most rewarding?

Nov. 22    Abuse, Addiction and Clinical Mental Health Counseling    Chapters 19-20

Questions of the day: Abuse is manifested in multiple ways. The same is true for addiction. What do you see as the difference between the two? What are the short term and long term effects of abuse? Why do you think people with addictions are so difficult to help? What do you see as the distinguishing features of clinical mental health counseling when compared to what was formerly known as community counseling?
November 29  International Counselling, Counseling Organizations and the Future of Counseling

Questions of the day: Counselling is spelled with two “lls” in most parts of the world. How does it differ in developing countries from what we experience in the United States? Visit the website of the International Association for Counselling [http://www.iac-irtac.org](http://www.iac-irtac.org). Also visit the websites of the Council for Accreditation of Counseling and Related Educational Programs (CACREP) [www.counseling.org/CACREP/](http://www.counseling.org/CACREP/), the American Counseling Association website [www.counseling.org/](http://www.counseling.org/), the National Board for Certified Counselors website [http://www.nbcc.org/](http://www.nbcc.org/), the Chi Sigma Iota website [www.CSI-Net.org/](http://www.CSI-Net.org/), and What are your impressions of these organizations? How are they promoting counseling in the United States and in other countries?

Where do you think counseling is going given where it has been? Look up the 20/20: The Future of Counseling and the ACA Foundation website on the ACA homepage [www.counseling.org](http://www.counseling.org); Look up the American Association of State Counseling Boards website [http://www.aascb.org/](http://www.aascb.org/). Be prepared to discuss what you learned from each website.

Dec 6  Counseling, Film, and Advocacy

Questions of the day: Counselors and others in mental health are often portrayed in unflattering or silly ways, e.g., *One Flew Over the Cuckoo’s Nest* and *What About Bob?* Yet counseling promotes positive ways of addressing and redressing daily problems and concerns from a number of different angles, e.g., theoretical, spiritual, environmental, etc. Counseling is also focused on prevention and living in healthy ways. Why do you think counseling is not been perceived more constructively? What are some ways counselors and others could help alter the image of the profession? *(Assignment #5 due).*

Dec. 13  Test 2  Counseling: A Comprehensive Profession (Chapters 9-20)

Basis of Evaluation:
Assignment 1: Write a reaction to Csikszentmihalyi’s book *Creativity*. What do you think you will find most helpful from the book over time? Now? Why? Relate what you have read in *Creativity* to Chapter 2 in *Counseling: A Comprehensive Profession*. Be specific. 1000 words (4 typed pages) – **Due: September 20th (15% of grade)**
Core: 1.a.b.c.f.g.h.i.j; 5.b.

Assignment #2: See the movie *Crash*. (You may borrow a copy from your professor or the Z. Smith Reynolds Library). Write a reaction to the movie -- a reflective essay of a 1,000 words (4 typed pages) about how stereotypes of cultures were upheld or not. What surprised you about the movie and its characters? What pleased you? What disappointed you? What made you angry? How does the movie tie in with the chapter in your text on multicultural counseling? **Due: September 27th (15% of grade)**
Core: 1.a; 2.a.b.c.d.e.f; 3.c.d.f; 4.d

Assignment #3: Depression has been called the “common cold” of mental health disorders. Read William Styron’s book *Darkness Visible*. Write a 500 word essay on how you have overcome a dark, depressive, or anxious time in your life, concentrating on strategies that helped you. The time you describe need not be earth shattering. Talk to the class about the strategies you used to try to help yourself and which ones were most effective. How do these strategies continue to affect your life? How do you think what you learned on a personal level can be utilized on a professional level …or can it? **Due: November 1st (15% of grade)**
Core: 1.d; 2.e; 3.d.f.h; 5.a.

Assignment #4: Read *Becoming a Counselor: The Light, the Bright, and the Serious*. Then write a reflective paper (1,000 words, 4 typed pages) on pivotal times in your life that have influenced you today. What was it about these times and events that shaped your life? Be sure to mention what you have learned from failure as well as success and how certain individuals, groups, or experiences have influenced how you function as a person today. Be as specific. **Due: Nov 8th (10% of grade)**
Core: 1.d; 2.b.e; 3.b.c.f; 4.d

Assignment #5: In the team that you are assigned to, write a 10 to 15 minute play that portrays professional counseling. Then film your play (make sure it has a title) and present the film in class. Your play may be one or multiple acts. It must include all team members in active ways. The scenario(s) you present should focus more on everyday problems or concerns, such as developmental or situational transitions, rather than serious psychological pathologies, such as paranoia or schizophrenia. Turn in your script along with a write up of what you did and why. The play should show counseling as a positive force and directly or indirectly advocate for the profession. The film can have some humor if you wish, be energetic, or be straight forward. The film can involve statistics, signs, and research but it should not be just didactic. It should not involve a one on one counseling session such as you are doing in helping skills. The scenario(s)
may involve reflections on what was done or be based in the here and now. Think of it this way: Counseling is running for the highest office in the land. Your group is to do an infomercial that will put counseling in the best light possible and get it elected to this office. Due: December 6th (20% of grade) 
Core: 1.h.i; 3.a.d.f; 5.a.b.c.d; 7.e.g; 8.a.e.

Exams on chapters of Counseling: A Comprehensive Profession will be given:  
October 21 (Chapter 1-8) and December 9th (Chapters 9-20)  
(25% of grade – 10% for test #1 and 15% for test #2)  
Core: 1.a.b.c.d.e.f.g.h.i.j; 2.a.c.d.e.f; 3.f.h; 4.a.b.c.d.e.f.g; 5.a.b.d.f; 6.a.b.c.d; 8.a.d.e.f.

Office Hours  
Almost every day of the week (but since I am in and out of the office for various reasons, please let me know you are coming if possible). Definite Office Hours: Thursdays 9-12; Office telephone: 758-4882. E-mail: stg@wfu.edu  
Office: A114 Tribble Hall