Psychology 4310: Introduction to Counseling Theories


Aspects of the syllabus are subject to changes. These will be announced if they occur.

Course Objectives and Overview

1. Students will become familiar with various aspects of the counseling relationship.

2. Students will recognize how an individual’s past and present thoughts, feelings, and behaviors will impact his/her ability to be an effective counselor/psychotherapist.

3. Students will become familiar with and understand the APA Code of Ethics regarding issues related to counseling and psychotherapy.

4. Students will acquire knowledge about counseling theories and their basic underlying premises and key concepts.

5. Students will recognize and understand the purpose and need of counseling theory.

6. Students will demonstrate an ability to compare and contrast the different theories discussed in the course in classroom discussion and in written form.

7. Students will become familiar with the techniques used and theoretical implications.

This course is divided into four different modules with one exam associated with each. You will note the four modules on the Canvas homepage for this course.

Module I “Basic Issues in Counseling Practice: Ch 1-3 & APA Code of Ethics
Module II “Theories & Techniques of Counseling: Ch 4, 5, & 7.
Module III “Theories & Techniques of Counseling: Ch 6, 8, 9, 10.
Module IV “Theories & Techniques of Counseling: Ch. 11, 13, 14, and 15.

I hope that this will be the most challenging class you have ever taken thus far in your studies. Spending adequate time on the course materials will be key to your success. Because this is a three credit course you should spend approximately 9-12 hours each week in studying (about 1.5 hours a day).

Requirement #1 (Lectures)

I expect students to come to class having read the material with questions, comments, and
opinions formed about what they have already learned from their personal study of the textbook. I have high expectations of students enrolled in this course.

Requirement #2 (Examinations)

There will be 4 exams given during the course of the semester. The exams will be taken via Chi-Tester and therefore may be completed at any of the Weber State University Testing Centers. If you are not familiar with chi-tester please visit the following website for details on how exams are completed using this method 'http://chitester.weber.edu'. Note that the exams must be taken at a testing center and not from your home. If you are taking this course long distance (50 miles away from a WSU testing-center) then you may take the exams via Chi-tester by following the proxy procedure outlined on the Chi-tester website. If you are going to use a proctor you need to set it up as soon as possible. Also be aware that some proctors charge a fee for their services.

Most of the exams will consist of 50 multiple-choice questions and perhaps one essay question (this will be announced in class). Therefore, in addition to learning new terminology, you will need to attain a working knowledge of the terms as they relate to each of the theories. Essay questions will ask you to compare and contrast two or more theories or describe certain aspects of a particular theory. You will be given sample essay questions to assist you in your preparations for each exam. The exams will be taken using chi-tester. If you plan on being away on school or personal business during an exam you must arrange with me to take the exam prior to your departure. Plagiarism and cheating will not be tolerated. If you are involved in either of these behaviors you will be referred to appropriate University authorities and will receive 0 points on that assignment or exam.

You have 2-3 days to take each of the exams. Please do not miss an exam and then expect me to make an exception for you. Plan ahead to take the exam on the first day it is open and then if something goes wrong you can use the extra day. I will deal with missed exams on a case by case basis. Expect to lose significant points (up to 50%) for taking it past the dates given.

Requirement #2 (Assignments)

During the semester you will be required to write several one page essays. These can be accessed through the assignments tab or by using the course calendar. Due dates are listed in the calendar. Late assignments will not be accepted.

Requirement #3 (Personal Biography)

By the end of the semester you will have been exposed to several personality theories. Using these theories you will write your own biography detailing your personality development. You will use appropriate terminology in your paper. Specific guidelines will be given after the fourth week of class. Your paper needs to be approximately 8 pages in length.
Grading

Your grade will be based on a percentage of all points possible. The total points possible and grade assignments will be as follows:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam #1</td>
<td>100</td>
</tr>
<tr>
<td>Exam #2</td>
<td>100</td>
</tr>
<tr>
<td>Exam #3</td>
<td>100</td>
</tr>
<tr>
<td>Exam #4</td>
<td>100</td>
</tr>
<tr>
<td>Assignments</td>
<td>100</td>
</tr>
<tr>
<td>Personality Bio.</td>
<td>80</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>540</strong></td>
</tr>
</tbody>
</table>

**Percentage Grade:** \((\text{your total points}) / (\text{total points possible}) \times 100\)

- 94-100 % = A
- 90-93 % = A-
- 87-89 % = B+
- 83-86 % = B
- 80-82 % = B-
- 77-79 % = C+
- Below 77 % = C

Instructor:

Todd C. Baird, Ph.D

http://faculty.weber.edu/tbaird

Contact Information

Please use the canvas course email system to contact me during the semester. If you need to contact me sooner, please contact me by phone. My cell phone is the best option. The phone number is listed below. If you would like to meet in person to discuss course content we can schedule a time to meet.

- **Office Hours:** By appointment
- **Phone Contact:** 626-7724 (office) 920-4215 (cell)
- **Email Contact:** Email: tbaird@weber.edu

Additional Information
For issues related to student rights and responsibilities see the Student Rights and Responsibilities section on the Weber State University website http://documents.weber.edu/ppm/6-22.htm. Services for Students with Disabilities (SSD) is located in room 181 of the Student Service Center. Any student requiring accommodations for this course must contact SSD. The following link will provide you with contact information http://weber.edu/ssd.

**Final Note**
I enjoy the material in this course and I want you to understand it. However, recognize that having an in depth understanding of the course content is only part of what I want you to learn this semester. Equal in importance is what we will do with the theories and facts you study during the semester. We will use the course content to become better writers, more aware of similarities and differences in theories, and more critical in our thinking. This will take a lot of work but I guarantee that you will look back with fondness for having had this experience to stretch yourselves.