

**NOVA SOUTHEASTERN UNIVERSITY
CENTER FOR PSYCHOLOGICAL STUDIES**

Course Outline

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| Course # & Title: | PSY 511 – Introduction to Mental Health Counseling Techniques | |
| Credit Hours: | 3 | |
| Location/Section: | Miami/MI1 | |
| Dates: | May 2, 3, 4, 2008 May 16, 17, 18, 2008 | |
| Class Meeting Times: | Fridays | 6:00 PM – 10:00 PM |
| | Saturdays | 8:30 AM – 6:00 PM |
| | Sundays | 8:30 AM – 5:30 PM |
| Instructor: | Adam Schulman, Ph.D. 1860 N. Pine Island Road – Suite 101 Plantation, FL 33322 954-475-1184 E-mail: adamschu@nova.edu | |

Required Texts

Sommers-Flanagan, John & Sommers-Flanagan, Rita (2002). Clinical Interviewing (3rd ed.). John Wiley & Sons, Inc. ISBN-13: 9780471415473

Course Description

This course is an overview of the field of mental health counseling. Students will address professional roles, functions, credentialing and general ethics of mental health counselors. The major focus will be on the development of fundamental counseling skills, including listening, empathy training, and basic interviewing. Issues regarding the development of the therapeutic relationship, cultural diversity, and mental status assessment will be covered. **Prerequisites: PSY502**

Course Objectives

The student completing this course should be able to:

1. Develop and utilize basic communication and helping skills (attending, listening, reflection, rapport building) as well as treatment plans.
2. Implement counseling skills that facilitate self-exploration and problem solving.

3. Learn the ingredients of a successfully structured clinical interview including presenting problem, relevant social, psychiatric, and medical histories, mental status examination, diagnostic impression, and treatment recommendations.
4. Write a clinical evaluation including the above key elements
5. Describe the elements of a therapeutic alliance
6. Recognize elements of diversity that impact the therapeutic relationship
7. Conduct a clinical interview utilizing the above counseling skills

Students will demonstrate these objectives and be evaluated through

1. Observation of role-playing and demonstration of interviewing skills
2. Written clinical evaluation
3. Written examinations

Calendar of Assignments

1. Prior to the first class meeting on May 2, 2008, the students must read the assigned text – chapters 1, 2, 3, 4, 5, 6 & 7. It is important that you read the assigned chapters *prior* to coming to class.
2. Prior to the second class meeting on May 16, 2008, the students must read the assigned text – chapters 8, 9, 10, 11, 12 & 13. It is important that you read the assigned chapters *prior* to coming to class.
3. During the first weekend, the details and requirements for the written assignment will be discussed. The written assignment must be turned in via e-mail to adamschu@nova.edu by the time class begins on Friday, May 16, 2008.
4. The midterm exam will be administered on Sunday, May 4, 2008.
5. The final exam will be administered on Sunday, May 18, 2008.

Grading Criteria

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| Midterm Exam | 25 points |
| Final Exam | 25 points |
| Written Assignment | 40 points |
| Professional Behavior | 10 points |

The mid-term examination and the final examination will be worth 25 points each. The examinations consist of multiple choice and short-answer questions derived from the lecture materials, the class discussions and the assigned readings.

The areas of evaluation for professional behavior include responsible behavior, ethical behavior, interpersonal behavior, emotional self-awareness and emotional maturity. Additionally, your attendance, participation, and classroom behavior will be evaluated throughout the class and reflected in your grade for professional behavior. Both tardiness and early departures from class will result in a lower grade for professional behavior. Each time you are either tardy or leave class early, 1 point will be deducted from your professional behavior grade.

Your full attendance is required for each class meeting. Regardless of the reason, absences will result in a deduction of 7 points from the offending student's final grade for each class session that is missed (there are five class sessions each weekend: Friday PM, Saturday AM, Saturday PM, Sunday AM, and Sunday PM). To get full credit for class attendance, active and thoughtful participation is required. This kind of participation demonstrates that the student has a thorough knowledge of the reading assignment from the text, shows a willingness to respond to discussions, and asks questions that reflect solid thinking.

Your final grade will be calculated using the following criteria:

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|-----------------|---|
| 90 - 100 points | A |
| 80 - 89 points | B |
| 70 - 79 points | C |
| Below 70 points | F |

Bibliography

Brown S.D. & Lent, R.W. (1992). Handbook of counseling psychology (2nd ed.). New York: John Wiley & Sons, Inc.

Burke, J.F. (1989). Contemporary approaches to psychotherapy and counseling: the self-regulation and maturity model. Pacific Grove, CA: Brooks/Cole.

Capuzzi, D. & Gross, D.R. (Eds.). (1999). Counseling and psychotherapy: theories and interventions (2nd ed.). Upper Saddle River, NJ: Merrill.

Greenberg, L.S. & Watson, G.L. (Eds.). (1998) Handbook of experiential psychotherapy. New York: Guilford Press.

Ivey, A.E. & Simek-Downing, L. (1980). Counseling and psychotherapy: skills, theories and practice. Englewood Cliffs, NJ: Prentice-Hall.

Moursand, J. (1993). The process of counseling and therapy. Prentice Hall Publishing Company.

Pervin, L.A. (1990). Handbook of personality: theory and research. New York: Guilford Press.