CPSY 621: Theories and Techniques of Counseling

Table 1. CPSY 621

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Phone: 765-285-8040	**Office Hours:** By appointment, HB Rm 452

Course Information

Catalog Description
This course will explore the basic concepts and facilitative skills of helping relationships. Students will receive an introduction and overview of major counseling theories and their related processes and techniques.

Required Readings
Text: Corey, G. (2024). Theory and practice of counseling and psychotherapy. Brooks/Cole.
*Selected articles on counseling approaches related to trauma and resilience

Course Rationale
Our theoretical assumptions about people and their motives influence our understanding of clients, the types of goals we set for therapy, the strategies we employ to meet these goals, and the methods we use to determine if therapy has been successful. It is important for students to develop a clear theoretical orientation to guide their own work and to facilitate communication with other clinicians. Students may ask themselves:
*How do I conceptualize and understand clients from a theoretical perspective.
*What principles guide my clinical practice with clients?
*What do I see as the basic underlying cause of client concerns?
*What do I see as therapeutic factors that can lead to the solution or resolution of client concerns?

Course Objectives/Outcomes
After the completion of this course you should be able to:
*Analyze various theoretical approaches to counseling and psychotherapy.
*Apply self-understanding in developing their own theories of counseling and in clarifying their future educational and career plans.
*Describe, compare and contrast the major theoretical modalities presented in the text and class, including relevant research that supports each;
*Complete an APA style topic research paper synthesizing their personal theoretical approach with at least one established therapeutic model.

Instructional Methodology
This is an online, asynchronous class that will include the following: PowerPoint presentations, online discussion, quizzes, video clips or other audiovisual aids.

*****Assignment details, including instructions, relevant readings, due dates, and grading criteria/ rubrics will be posted and updated on Canvas. Please check Canvas regularly to stay informed and on track.*****

Technical Assistance: If you have technical questions, you can contact Ball State's Help Desk. In addition, the Help Desk staff has put together many how-to videos in its Tech Clips section that can guide you through many of the most common questions. The helpdesk can be contacted at: 765-285-1517 or email at helpdesk@bsu.edu.

Course Requirements and Assignments

Course Participation and Attendance Expectations: This course is designed with weekly activities, discussion, and other forms of regular collaboration and communication. It is recommended that you log into your Canvas course 3 to 4 times a week and check your official Ball State email account daily to view announcements and prepare for class. Complete all assignments, quizzes, tests, and any other activities by the stated due dates. Please study all assigned readings and watch the videos before the scheduled class sessions. You will complete a total of 11 weekly quizzes. These quizzes must be completed by the time and date specified. There will be a weekly online discussion of the reading topics and you will be expected to post on the discussion board at least once per week and reply to 2 classmates' post on each theory. Your regular participation in course discussion board posts and timeliness with assignments and quizzes are important to your academic success. As this is an online course, it is up to every student to stay on track. You must be self-motivated and disciplined to meet all due dates. In this class, we follow university attendance policies: https://www.bsu.edu/about/administrativeoffices/vice-provost/student-services/attendance-policies

Major Theory Paper: The final paper is an exploration of your own beliefs about the nature of people, problems, and changes, and the counseling theory(s) that fits best with your beliefs. You may use any theory(s). The paper should be written in the most recent edition of APA format and should have at least 5 peer-reviewed sources, 10 page maximum including title page but not including references. Format should be as follows:
a. Name what theory or combination of theories you will be discussing.
b. Process of Change: Explain your beliefs about how the process of therapeutic change occurs. Provide a description of the counselor's and client's roles in the therapeutic process.
c. My Theory in Practice – Describe techniques, strategies, and tools that you believe would assist in the process of change.
d. Integrated Summary – Summarize the key points of your discussion.

Final Exam: There will be a comprehensive final exam at the end of the semester. The exam will be a combination of multiple choice and essay questions.

Grading

Weekly Quizzes	28 pts
Discussion Board Posts and Replies	22 pts
Major Paper	25 pts
Final Exam	25 pts
Total	100 pts

Table 2 Grading Scale

GRADE	%	GRADE	%
A	94-100	C	73-76
A-	90-93	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D+	60-62
C+	77-79	F	≤ 59

COURSE SCHEDULE

Week	Activity	Assignment	Due	Pts
Week 1:	Introduction/Overview Counselor as Personal and Professional Read Corey Ch 1 & 2 , Review PPT	*Discussion Board Intro	8/26	
Week 2:	Psychoanalytic Therapy Read Corey, Ch. 4, Review PPT, Review video(s)	*Quiz #1 Discussion Board	8/28	4.5
Week 3:	Adlerian Therapy Read Corey, Ch. 5, Review PPT, Review video(s)	*Quiz #2 Discussion board	9/4	4.5
Week 4:	Behavior Therapy Read Corey, Ch. 9, Review PPT, Review video(s)	* Quiz #3 Discussion board	9/11	4.5
Week 5:	Cognitive-Behavioral Therapy Read Corey, Ch. 10, Review PPT, Review video(s)	*Quiz #4 Discussion board	9/18	4.5
Week 6:	Reality Therapy Read Corey, Ch. 11, Review PPT, Review video(s)	*Quiz #5 Discussion board	9/25	4.5
Week 7:	Existential Therapy Read Corey Ch. 6, Review PPT, Review video(s)	*Quiz #6 Discussion board	10/2	4.5
Week 8:	Person-Centered Therapy Read Corey, Ch.7, Review PPT, Review video(s)	*Quiz #7 Discussion board	10/9	4.5
Week 9:	Gestalt Therapy Read Corey, Ch.8, Review PPT, Review video(s)	*Quiz #8 Discussion board	10/16	4.5
Week 10:	Feminist Therapy Read Corey, Ch.12, Review PPT, Review video(s)	*Quiz #9 Discussion board	10/23	4.5
Week 11:	Family Systems Therapy Read Corey, Ch.14, Review PPT, Review video(s)	*Quiz #10 Discussion board	10/30	4.5
Week 12:	Postmodern Approaches Read Corey Ch. 13, Review PPT	*Quiz #11 Discussion board	11/6	4.5
Week 13:	Trauma-informed Counseling and Ethics Review articles & Corey Ch.3	*Discussion board	11/13	2.5
Week 14:	MCT Approaches and Resilience MCT videos & resilience articles	*Discussion board	11/20	2.5
Week 15:	Integration and Review: Read Corey Ch. 15	Major Paper	12/4	20
Week 16:	FINALS WEEK	FINAL EXAM		25

Policies & Statements

University Statement: We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse.

Disability Statement: If you need course adaptations or accommodations because of a disability, please contact the instructor of record as soon as possible. Ball State's Disability Services Office coordinates services for students with disabilities; documentation of a disability needs to be on file in that office before any accommodations can be provided. Disability Services can be contacted at 765-285-5293 or dsd@bsu.edu.

Attendance Policy: Your regular participation in course discussion board posts and timeliness with assignments and quizzes are important to your academic success. As this is an online course, it is up to every student to stay on track. You must be self-motivated and disciplined to meet all due dates. In this class, we follow university attendance policies: https://www.bsu.edu/about/administrativeoffices/vice-provost/student-services/attendance-policies

Freedom of Expression: In this course, we are committed to fostering a learning environment that values intellectual diversity, encourages free expression, and promotes open inquiry. As members of the Ball State Community, we treat each person in the Ball State community with civility, courtesy, compassion, and dignity and respect and learn from differences in people, ideas, and opinions. Please review Ball State University's Statement on Freedom of Expression, the resources on Ball State's Freedom of Expression webpage, and Ball State's Beneficence Pledge.

Student Academic Ethics Policy: The campus subscribes to Turnitin, a plagiarism prevention service, through Canvas. You may need to submit written assignments to Turnitin. Student work will be used for plagiarism detection and for no other purpose. The student may indicate in writing to the instructor that he/she refuses to participate in the plagiarism detection process, in which case the instructor can use other electronic means to verify the originality of their work. Plagiarism is partially defined by the Ball State University catalog as "…submitting an assignment purporting to be the student's original work that has been wholly or partly created by another person, or presenting as one's own work, ideas, representations, or words of another person without customary and proper acknowledgement of sources…" Most you know that it is plagiarism if you deliberately use someone else's work and try to pass it off as your own without giving credit to the true author. However, many instances of plagiarism are unintentional. Plagiarism can involve as little as copying a key phrase or sentence without acknowledging the source. Use quotation marks to indicate direct quotes from other people. If you are presenting an idea or an argument that you read someplace else, give credit to the person who first developed the idea. **Remember, when in doubt, cite the source**. Honesty, trust, and personal responsibility are fundamental attributes of the university community. Academic dishonesty and other forms of academic misconduct threaten the foundation of an institution dedicated to the pursuit of knowledge and will not be tolerated. To maintain its credibility and reputation, and to equitably assign evaluations of scholastic and creative performance, Ball State University is committed to maintaining a climate that upholds and values the highest standards of academic integrity. Visit the VPAA's academic integrity website (Students tab) for resources on understanding academic integrity, citing sources properly, and avoiding inadvertent academic dishonesty. To learn about BSU's academic integrity expectations and students' rights, please read the University Student Academic Ethics Policy. Academic integrity violations include giving or receiving an unfair academic advantage (cheating), presenting someone else's ideas or work as your own (plagiarism), and falsifying academic records. Unless otherwise indicated, you must work independently by yourself. Check with me if you are unsure whether something constitutes academic dishonesty. Examples of academic integrity violations include but are not limited to:

- Using resources not authorized by the faculty member (including devices, AI tools, hidden notes, and open books)

- Using a generative AI system or a person to complete academic assignments such as response papers, discussion posts, essays, or any other assignment when such use is not explicitly permitted by the assignment instructions or the instructor.
- Utilizing another person or a generative AI system to take a quiz, examination, or similar evaluation in place of oneself.
- Using a generative AI system for research, creative work, theses/dissertations, grant proposals, IRB-regulated work, or publication-bound work in violation of university AI policies, funder/publisher rules, IRB requirements, or discipline-specific standards.
- Presenting as one's own work the ideas, representations or words of another person or of a GenAI system without customary and proper acknowledgment of sources or of the AI tool(s) used.
- Using generative AI systems to analyze data, conduct research, or generate content that is included in an assignment (images, graphs, charts, tables, etc.) without proper documentation, citation, and attribution of this AI use. @
- Using commercial study websites to find answers to graded assignments (Chegg, Course Hero, StudyPool, OneClass, etc.).
- Without the instructor's written permission, giving away, buying, or selling graded assignments class notes, exams, study guides, or other course materials to other students or to third-party vendors (Course Hero, Chegg, 24HourAnswers, etc.).
- Working with another person on any assignment other than authorized group projects.
- Sharing or allowing others to access your files, whether done with permission or not.
- Reusing your own work from another semester, course, or section.
- Sharing answers with others during exams (passing notes, texting, whispering, gesturing)
- Discussing exam questions and answers with students who have not taken the exam.
- Soliciting others to complete work for you.

Any forms of academic dishonesty will not be tolerated in this class in any fashion, and those who choose to violate the above-mentioned policy will be handled according to procedures outlined in the Student Academic Ethics Policy: https://www.bsu.edu/about/administrativeoffices/vice-provost/student-services/academic-integrity.

Generative AI Statement: For this class, you may use ChatGPT or other generative AI applications to ONLY ASSIST as an ANCILLARY SOURCE with formulating and writing your papers. This means that you must rely on primary sources and your own thinking, problem-solving, and writing skills when formulating and writing your papers. Any use outside of this permission constitutes a violation of Ball State University's Student Academic Ethics Policy. In other words, using an AI tool to generate content without proper attribution constitutes a violation of Ball State's Student Academic Ethics Policy.

University Grade Appeal Policy: If you believe you received a final course grade that does not reflect your performance due to fairness or a procedural issue, you have the right to file an appeal within 5 school days after final grades are posted by the Office of the Registrar. Review the University Grade Appeal Policy and Process.

Title IX Policy: Ball State University is committed to maintaining an educational environment free from sex discrimination, including sexual harassment, sexual misconduct, dating and domestic violence, and stalking. Students who experience or witness conduct that may violate University policy are encouraged to seek support and assistance. The Title IX Office can provide information about reporting options, supportive measures, and available resources. Contact the Title IX Office at 765-285-1545 or titleix@bsu.edu. Please Note: As your instructor, I am a mandatory reporter. If you disclose information to me about conduct that may constitute sex discrimination or sexual misconduct, I am required to notify the Title IX Coordinator. The Title IX Office will reach out to discuss available resources, supportive measures, and reporting options. If you wish to speak with someone confidentially, you may contact the Counseling Center or the Center for Survivor Support.

Pregnancy and Related Conditions: Ball State University provides reasonable modifications for students affected by pregnancy, childbirth, or related medical conditions. Students seeking academic, housing, or other modifications are encouraged to contact the Title IX Office as early as possible to discuss available options and support. For assistance, contact the Title IX Office at 765-285-1545 or titleix@bsu.edu

University Resources

General Life/School/Emotional Concerns. Everyone gets stressed out sometimes and many people find that they could use some support to get through tough times. At BSU you are entitled to free, confidential counseling services through the university's Counseling and Psychological Services Center, located in room 320 of Lucina Hall (765) 285-1736. The center offers both individual and group counseling, psychiatric consultation, and a number of workshops on various topics related to your life. Their website is http://www.bsu.edu/you/cpsc/. For after-hours crisis/emergency services, call 911 or University Police at (765) 285-1111 to get immediate assistance. Click here for additional resources.

The Basic Needs Hub. If you are having difficulty affording enough food, do not have a safe and reliable place to sleep, and/or experiencing an emergency or crisis, help is available through the Basic Needs Hub. The Basic Needs Hub has information, resources, and provides individualized support to students. To talk with a supportive staff member about your experience, receive one on one assistance, or learn more about resources, you can submit a Basic Needs Assistance Form.

Speaking Center. The Speaking Center is a free resource available to all members of the BSU community wanting to improve their public speaking abilities. We offer personalized coaching designed to help you become a more confident and effective speaker. Our trained coaches provide constructive feedback and support throughout the entire speech preparation process, whether you are in the early stages of brainstorming ideas and organizing your thoughts, or you need to practice your delivery and refine your message. The Speaking Center is in the David Letterman Communication and Media Building, room 302. To schedule an appointment, please access us through our website. Appointments are available both in person and on Zoom. Appointments are available in person, on Zoom, and in virtual reality (VR) for those interested in practicing in an immersive speaking environment.

Writing Center. The Writing Center at Ball State offers free one-to-one writing feedback to all students in all classes. For a face-to-face or online appointment, students should sign up on the Writing Center website. On the website, students can also chat with a tutor, find writing resources, and discover information about other services offered by the Writing Center.

Learning Center. The Learning Center offers free Tutoring and Academic Coaching for many courses at Ball State. Students can make appointments for online (Zoom) or in-person (NQ 350). To make an appointment, visit myballstate.bsu.edu and click on "Navigate" in the Academic Tools section, or just go directly to bsu.navigate.eab.com. Testing accommodations for students with disabilities are available for students who have received the appropriate documentation from Disability Services. Tests may be administered in the Learning Center. Supplemental Instruction is available in select courses. If you have an SI leader for your course, that person will provide students with information the first week of school regarding weekly study sessions. For more information about Learning Center programming, visit bsu.edu/learningcenter or call 765-285-1006.

Note. This syllabus is subject to change in the event of extenuating circumstances.