

## **COUN 590 Syllabus** **Advanced Counseling Techniques**

### **Course Description**

Having completed most of both didactic and skill-based training in the degree program and Beginning Practicum, the student is now admitted to Advanced Counseling Techniques. It is presumed that the student is far enough along in the program of study to anticipate a practicum match with the clientele addressed in the practicum setting. The course provides students with an opportunity to engage in ongoing therapeutic training and practice. An emphasis is placed on case conceptualization, current topics in the field of clinical counseling, and the integration of advanced techniques into the students' repertoire of counseling skills.

### **Course Objectives**

This seminar course uses both didactic instruction and small/large group process to meet class needs. This class is run like a professional workshop with specific topics addressed in each class. The course emphasizes critical analyses of assigned readings, clinical problem solving, and the application of counseling theory. Students are expected to take an active part in their own learning and to *reflect on their own practice*. Students are expected to verbalize and examine the values inherent in their own view of clients, acknowledging the multiple perspectives that exist on issues within the counseling profession. This course provides students with:

- Instruction to guide and support the development of professional practice with adults, couples, families, and children.
- Discussion and instruction in the primary counseling procedures used in working with adults, including the intake interview, diagnostic assessment, developing therapeutic relationships, understanding therapeutic process, case management, and termination.
- Learning opportunities to become more aware of one's personal, ethical, ethnic, and cultural biases and boundaries in clinical work.
- Training in the effective use of supervision sessions.
- Professional experience in counseling adults, couples, families, and children from culturally diverse and ethnic backgrounds.
- Professional experience in the practical application of the ethical and professional guidelines for counseling.
- Guidance about careers in the field, building a professional outlook, the business side of professional counseling, and evaluating the coming steps in the professional licensure process

### **Pre-Requisites**

Classified standing; completion of COUN 526; consent of Clinical Training Director; compliance with Clinical Training Handbook including placement in an approved community agency, a signed "4-way agreement." Course may be repeated for credit.

### **Student Learning Outcome Language**

The Counseling department tracks aspects of student learning (known as Student Learning Objectives or SLOs) and Dispositions (Professionalism and Fitness for the Profession) in numerous classes as part of the CACREP accreditation requirements. This helps as a source of feedback on our teaching and lets us know how students are doing on average and individually. In some classes, the SLO's are assessed in the form of a rubric and in other classes it is simply a score from a paper or exam. There is nothing you need to do but be aware that the information is used to track and evaluate your progress in the program and is part of your student record. Please see detailed information in your Student Handbook, as well as the form for Dispositions (which can be assessed at any time, but is always assessed in COUN 511, 530, and 584).

Calendar is only an example and may be quite different 2

There are at least three times when a student's individual progress is formally examined by the faculty: (1) after they have completed their first semester; (2) at advancement to practicum (the semester prior to starting practicum); and (3) at advancement to research project (the semester prior to Final Project). At these points in time, all the assessment information (including any of the SLO assessments conducted, as well as information from advisement, course grades, and professor input) will be examined. The spirit of this is to make sure that you are on track, and if you are not, then our goal is to offer support and guidance so that you can get back on track. If there are serious concerns, this may involve a remediation process or, in rare cases, dismissal from the program. This information is outlined in your Student Handbook. The SLO assessed in this class is the career-related item from *Case Conceptualization and Treatment Planning*, and the department is using the unemployment scenario case example. Please see the rubric on Canvas. [site supervisor ratings will also be collected regarding clinical skills.]

### Calendar (2 class meetings per week)

Week	Class Topic	Reading Assignments
Week 1 <b>On Zoom</b>	Introduction to the Course Self-Care	
Week 2 <b>On Zoom</b>	Grief and Loss	<i>Being Mortal</i>
Week 2	Grief and Loss (Continued)	Articles on Canvas <i>Being Mortal</i>
Week 3 <b>Only 6:30 in person class being held</b>	Counseling Veterans April Delgadillo, LMFT (CSUF Alumni) Damien Fowler, LMFT (CSUF Alumni) Kymberly Bermeo, LMFT (CSUF Alumni)	<i>Redeployment</i> Articles on Canvas
Week 3	Career Counseling and Unemployment- This will be an asynchronous class on Canvas, will go live on June 15.	Module on Canvas
Week 4 <b>Only 6:30 class on Zoom being held</b>	Black Lives Matter, Social Justice, Advocacy, and Counseling Edson Andrade, Ph.D., Palo Alto University CSUF Alumni)	Articles on Canvas
Week 4 <b>Only 6:30 class on Zoom being held</b>	CSUF Alumni Panel: What you can do with your degree and what to expect Tsai-ling Fraher, LMFT Ryan Hill, LMFT Nick Lazzareschi, doctoral student, University of North Texas Diana Romero, LMFT Bonita Russel, LMFT	
Week 5	Counseling Boys and Men Part 1	<i>Amateur</i> Articles on Canvas
Week 5	Counseling Boys and Men Part 2	<i>Amateur</i> Articles on Canvas
Week 6	<b>NO CLASS- Campus Closed</b>	Articles on Canvas
Week 6	Counseling Girls and Women	Articles on Canvas
Week 7 <b>Only 6:30 in person class being held</b>	Trauma-Informed Yoga Therapy Mary Ortenburger, LMFT (CSUF Alumni)	Articles on Canvas

Calendar is only an example and may be quite different 3

Week 7	Taboos, Tricky Situations, and Some of the Stuff That Counselors Do Not Talk About	Articles on Canvas
--------	--	--------------------