

Adult Counseling
COUN 6810
Semester



Professor:

Office:

Phone #:

E-mail:

Textbook

Teyber, E., & McClure, F. H. (2011). *Interpersonal process in therapy: An integrative model*. Belmont, CA: Brooks/Cole.

Course description

This hybrid course focuses on methods and techniques of counseling adults – primarily from interpersonal process, solution-focused, motivational interviewing, and time-limited psychodynamic perspectives. Practical issues that commonly arise when counseling adults (e.g., readiness for change, substance abuse, transference/countertransference) are also addressed. Students develop competency in devising treatment plans and implementing specific techniques that can be used to help adult clients address and resolve problems including depression, anxiety, substance abuse and relationship dysfunction. Multicultural and ethical issues that impact the counseling process are addressed.

Student learning outcomes

As a result of participating in the course, students will achieve the following:

| COUN 6810 Adult Counseling 2009 CACREP Standards | | | |
|---|--------------------------|---|--|
| Standard # | Core Curricular Category | Standard | Learning Activities & Experiences |
| II-G-5-c | Helping Relationships | Essential interviewing and counseling skills; | Lecture, discussion & course readings; Motivational interviewing assignment; Counseling technique/intervention assignment & presentation |
| II-G-5-d | Helping Relationships | Counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be | Lecture, discussion & course readings; Discussion board; Exam |

| | | exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling; | |
|------------|---|---|--|
| Standard # | Clinical Mental Health Counseling | Standard | Learning Activities & Experiences |
| CMHC-C-7 | Counseling, Prevention & Intervention – Knowledge | Knows the principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning | Lecture, discussion & course readings |
| CMHC-J-1 | Research & Evaluation – Skills & Practices | Applies relevant research findings to inform the practice of clinical mental health counseling | Lecture, discussion & course readings; Counseling technique/intervention assignment & presentation |
| CMHC-J-2 | Research & Evaluation – Skills & Practices | Develops measurable outcomes for clinical mental health counseling programs, interventions, and treatments | Lecture, discussion & course readings; Counseling technique/intervention assignment & presentation |
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Course structure

This is a “hybrid” course meaning that part of the course is spent in direct face-to-face contact with Dr. Quarto and your classmates while the other part is spent completing Internet-based and related activities. The July summer session runs from July 5 – August 4. The class meets in person on the following dates:

When the class meets in person, it will consist of lecture and discussion and seminar activities as well as small group & role-playing exercises. It is important that you participate in discussions and work diligently on projects and activities with your classmates.

The content of the online portion of the course is presented in “modules” that contain topic-specific material and activities to be covered during a particular time period. For each module, you will read the information contained on the Adult Counseling website (and/or in the textbook) and complete any assigned activities associated with a module. These activities will usually entail completing homework (discussed later) and answering questions posed by Dr. Quarto on the discussion board pertaining to the module material and/or readings for a particular week. Make it a goal to complete the module and any associated discussion board activities or assignments by (or prior to) the date listed on the course outline.

Course materials are available by accessing the Adult Counseling website through D2L (i.e., <https://elearn.mtsu.edu/>), MTSU’s portal to university-related materials. Dr. Quarto will save most course materials as Adobe/.pdf files, thus you will be required to have the most recent version of Adobe

Reader installed on your computer. (NOTE: This program can be downloaded for free by typing the following URL into the address box of your browser: <http://get.adobe.com/reader/>).

Evaluation of Coursework/Class Participation

1. Attendance.

2. Class participation.

A. Lecture-discussion & seminar portion of class

B. Online portion of the class

3. Homework.

4. Motivational interviewing assignment.

5. Counseling technique/intervention assignment & presentation.

5. Exams.

Grading system

There are a total of 260 points that can be earned in this course. There is no opportunity to earn extra credit! A standard grading scale will be used to calculate students' scores as follows:

- 232 – 250 (93 – 100%) = A
- 225 – 231 (90 – 92%) = A-
- 217 – 224 (87 – 89%) = B+
- 210 – 216 (84 – 86%) = B
- 200 – 209 (80 – 83%) = B-
- 192 – 199 (77 – 79%) = C+
- 185 – 191 (74 – 76%) = C
- 175 – 184 (70 – 73%) = C-
- 174 and below = F

Counseling Dispositions

Students in the Professional Counseling program are required to demonstrate program Dispositions (i.e., being collaborative, ethical, professional, reflective, self-directed, and critical-thinking students) in this class and in all other academic and professional endeavors. Information regarding demonstration of

these dispositions may be communicated to program faculty and used as a component of the faculty's continuous evaluation of student progress. (See Professional Counseling Program Handbook for details.)

Reasonable Accommodations for Students with Disabilities

If you have a documented disability as described by Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act (ADA) and would like to request academic and/or physical accommodations, please contact the Disability & Access Center (898-2783) as soon as possible. Course requirements will not be waived, but reasonable accommodations may be provided as appropriate.