REHABILITATION COUNSELING

REHB 510 THEORIES AND TECHNIQUES OF COUNSELING

Dr. Doreen Miller

Phone: 771-2667 ext 206

Office: Blank Hall, Rm # 227

Office Hours: 1pm- 2pm Monday & 1pm-5pm Wednesday

Other hours by appointment only.

**Goal of the course:** The goal of the course is to provide students with a broad survey of a variety of theoretical models. Through class presentations, practical application of the theoretical approaches (case studies), group discussion video tapes of expert counselor demonstrations of the techniques and the development of a personal theory of counseling, students will critically evaluate and integrate conceptual and practical approaches to counseling.

**Focus:** The course will consist of an examination of the following approaches: Psychoanalytic, Adlerian, Existential, Person-centered, Gestalt, Transactional Analysis, Cognitive-Behavioral, Rational Emotive Family and Group. Ethical issues in counseling will also be discussed. A common model is applied to each of the theories, so that students can compare and contrast the theoretical approaches. The model includes an analysis of the following dimensions:

A. **Key concepts of the theory:** including view of nature with implications for counseling practice.

B. **The therapeutic practice:** goals of therapeutic approach, therapist role and function, client experience in therapy, and perspective on client/counselor relationship.

C. **Application:** Techniques and approaches utilized during the counseling process.

D. **Critical Evaluation:** Contributions and limitations.
**Student Outcomes:**

- Compare and contrast each theory
- Apply theoretical concepts to rehabilitation cases
- Develop their personal style of counseling
- Conduct interviews using theoretical constructs
- Synthesize the view of human nature according to each theory
- Design a treatment plan to address hypothetical rehabilitation counseling issues

**General Course Objectives:**

- Provide students with information about the therapeutic process and practical elements of counseling interaction
- Expose students to a variety of ethical and professional issues in counseling and to guide them in developing a position on these issues
- Develop an interest in reading in the counseling field in general and rehabilitation counseling in particular
- Enhance self-evaluation skills, writing skills, and critical thinking skills
- Encourage integration of theoretical and experiential learning in order to form a personal model of the counseling process
- Synthesize the view of human according to each theory
- Design a treatment plan to address hypothetical rehabilitation counseling issues

**Required Text:**


Supplemental Text:


Requirements:

1. Class Presentation 50 pts
2. Case Study 25 pts
3. Mid-Term 50 pts
4. One book report/Video Review Assignment 50 pts
5. Final Exam 50 pts
6. Class attendance and participation 50 pts
7. Summary of video tapes 50 pts

Grading Scale:

A= 290-300
B= 279-289
C= 269-278

Disability Statement:

Southern University encourages applications from qualified applicants of both sexes from all cultural, racial, religious, and ethnic groups. The university does not discriminate on the basis of race, religious belief, national origin, disability or age in admission or access to its programs and activities.

Southern University does not discriminate on the basis of disability in the recruitment and admission of students, in the recruitment and employment of faculty and staff, or in the operation of any of its programs and activities, as specified by federal laws and regulations. The designated coordinator for compliance with Section 504 of the Rehabilitation Act of 1973, as amended, is Patricia Hebert, Coordinator of Student Services, 234 Augustus C. Blanks Hall, (225) 771-3950.
Student who have been admitted into the undergraduate program of study who have special needs which qualify for accommodations under the Rehabilitation Act of 1973, particularly Section 504 and the Americans with Disabilities Act, must report their disability to the Office for Services to Students with Disabilities located in Augustus C. Blanks Hall, room 234. Information on making a request for services and accommodations on how to report a disability can be secured by writing to:

Southern University and A & M College
Office for Services to Students with Disabilities
234 Augustus C. Blanks Hall
Southern University
Baton Rouge, LA 70813

**Live Text Subscription:**

Southern University and A & M College- Baton Rouge had entered into a partnership with LiveText, Inc. to provide online academic resources for student collaboration and learning outcomes assessment. Therefore, all students enrolled in this course are required to purchase a subscription from LiveText, Inc. through the Southern University Bookstore. LiveText, Inc. provides students with the electronic tools and services needed to serve them in their courses and in their career or academic pursuits beyond graduation.

Live Text is a dynamic tool that will enable you to:

- Create Electronic Portfolios for storing and displaying coursework for use anytime, anyplace;
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- Engage in discussion boards with other students, exchange feedback, and create study groups and other types of social networks.
- Complete assignments in key/required courses where LiveText has been embedded (without LiveText, you will not be able to complete these assignments).
- Create a complete record of your academic career that is malleable and easily accessible.
- Engage in developing a results driven culture of assessment at Southern University.
- Participate in a process that will allow for data-driven curricular improvements that foster improved student learning and performance.
Practical Application of Theoretical Approaches:

Ethics: Case of Sexual Attraction

Affair with Former Client

Racism among Colleagues

Psychoanalytic: The Case of Stan

Adlerian: The Case of Stan

Person-Centered: The Case of Stan

Rational-Emotive: The Case of Stan

Gestalt: The Case of Stan

Transactional Analysis: The Case of Stan

Cognitive-Behaviorism: The Case of Stan

Reality: The Case of Stan

Family Therapy: The Case of Stan

Reviewing the Highlights of a Theory:

Identifying key concepts:
1. What is the theory’s view of human nature and what are the basic assumptions underlying the approach?

2. What are the major area of focus and emphasis? What are the fundamental ideas?

Identifying the therapeutic process:
1. What are the therapeutic goals?

2. What are the functions and roles of the therapist?

3. What is the client’s role in the therapeutic process? What is expected to the client? What does the client do?

4. What is the nature of the relationship between the client and the therapist?
Identifying techniques and procedures:

1. What are the major techniques and methods?
2. Where is the approach most applicable (types of clients and problems)?
3. What are the limitations?
4. What are some specific aspects of this approach you may want to incorporate into your own counseling style?

**REHB 510 Theories of Counseling Class Agenda**

**Week 1**
Introduction of Course

**Week 2**
Unit One: Basic Issues in Counseling Practice
In Class Activity

**Week 3**
Chapter 2- The Counselor: Person and Professional
In Class Activity

**Week 4**
Quiz 1
Chapter 3: Ethical Issues in Counseling Practice

**Week 5**
Chapter 3: Ethical Issues in Counseling Practice
Video: Ethics for the Mental Health Professionals

**Week 6**
Quiz 2
Ethical Issues in Counseling Practice

**Week 7**
Unit Two: Theories and Techniques of Counseling
Chapter 4: Psychoanalytic Therapy
Video Review Assignment

**Week 8**
Quiz 3
Chapter 5: Adlerian Theory
Video: Adlerian Theory by Dr. James Bitter

**Week 9**

Adlerian Therapy

Book Report Due

**Week 10**

Quiz 4

Chapter 6: Transactional Analysis

**Week 11**

Chapter 2: Person-Centered Therapy

**Week 12**

Quiz 5

Chapter 3: Gestalt Therapy

Video: Gestalt Therapy, Peeling the Onion

**Week 13**

Cognitive-Behaviorism

Video: A Guide to Rational Living, Albert Ellis

Family Therapy

A. The Family as a Psychosocial System

B. Models of Family Therapy

C. Student Presentations

**Week 14**

Quiz 6

Group Therapy

A Survey of Theoretical Approaches to Group Counseling

**Week 16**

Final Examination

**Book Critique Online**

1. One- half synopsis of book
2. Major points made and your reaction
3. Summary of your reaction/ synthesis and critique of issues (No more than two pages)
4. Five pages minimum
**Video Review**

1. Select a popular video that is relevant to the field of rehabilitation and disability.
2. Relationship among characters
3. Process of Evolution (How characters changed over time.)
4. Insight gained
5. Focus on Self (What can you take away from video)
6. How does it relate to the field of rehabilitation?
7. What population is the film best suited for in the rehabilitation field?

**Suggested Titles for Book Report**


