

PCO 4930 – Introduction to Counseling Psychology

Section 17060

Thursday Period 9-11 (4:05 PM -7:05 PM)

PSY 0130

Course & Instructor Information

Instructor	Kirsten Klein (she/her), M.A., M.S.
Email	Canvas Inbox or Kirsten.klein@ufl.edu
Office Hours	By appointment (online through Zoom)
Course Website	Canvas

Teaching Assistant

TA office hours will be by appointment only. When you have questions, please contact your TA FIRST. If the question cannot be resolved between the two of you, then please reach out to me.

Teaching Assistant	Daesha Holmes
Email	Holmes.ddenae@ufl.edu
Office Hours	TBD

Overview

This course will provide an overview of the various theoretical approaches to counseling and the implications of these approaches to our understanding of human nature, illness, change, and growth. The course is intended to provide students with an outline of the therapeutic process, a brief introduction to rudimentary counseling skills, issues related to the practice of psychotherapy (e.g., graduate school selection/application process, careers within counseling, ethics), and fundamental principles of counseling psychology. Note, however, that *this course is not designed to teach students how to conduct psychotherapy.*

Although a brief introduction will be provided about a variety of careers within the counseling field through our readings, you are encouraged to seek outside resources to answer more detailed questions about your career choices and strategies. The American Psychological Association provides a wide array of information to students who are in the midst of such decisions (www.apa.org/students).

Due to the nature and content of this course you may experience instances of discomfort as well as curiosity. Please note that this course is not intended to serve as personal therapy, and as such, you are advised against sharing deeply personal information that could lead to such instances of discomfort. If you encounter personal issues that you would like to explore in further depth, I recommend that you consider speaking with a counselor at either the UF Counseling & Wellness

Center (<https://counseling.ufl.edu>, 352-392-1575) or the Alachua County Crisis Center (352-264-6789).

Course Goals

By the end of the course, you should be able to:

- Describe the development of the field of counseling psychology
- Explain the distinctions between counseling psychology and other helping fields
- Understand major theoretical orientations and be able to apply them to understanding and treating psychological problems
- Critically evaluate counseling psychology research and theory
- Describe the role of multiculturalism and social justice in counseling psychology
- Understand professional issues facing counseling psychology
- Demonstrate basic counseling skills within given theoretical orientations

Required Materials

Gottlieb (2019). *Maybe you should talk to someone: A therapist, HER therapist, and our lives revealed*. Houghton Mifflin Harcourt. ISBN: 1328662055

Corey, G. (2016). *Theory and practice of counseling and psychotherapy, Enhanced 10th Edition*. Cengage Learning. ISBN: 978-0357671429 *

** While the 10th Edition of the textbook is highly recommended, earlier versions of this textbook may be utilized. It is the responsibility of the student to ensure that they have access to updated content.*

Assignments and Exams

Book Club: 10 points each, 40 points total

You will be assigned to read Gottlieb's book, *Maybe you should talk to someone: A therapist, HER therapist, and our lives revealed*. For each section, you will submit one discussion post on Canvas. This discussion post should include any thoughts or feelings that arose while reading each section, as well as any questions or concerns. Next, you will respond to two of your fellow student's discussion posts. Therefore, it is essential that you read the assigned chapters PRIOR to the due date.

The total points possible per book club post is 10 points (4 points for submitting your discussion posts in Canvas, and 3 points each for your two response posts). There will be a total of 4 book club discussions throughout the semester. All four of these discussion posts will count toward your overall course grade.

Your initial discussion post must be submitted by Sunday at 11:59PM before the corresponding class. Initial posts that are submitted past the deadline will received a 10% reduction in points for

every day late. Your two responses must be submitted in Canvas by 3:55PM on the Thursday of the corresponding class.

Two Exams: 50 points each, 100 points total

There will be two cumulative 50-question, multiple choice, closed-book, and closed-note exams on the textbook and lecture materials covered in this course. The first exam will cover the first half of the course, and the second exam will cover the second half of the course. You will have 120 minutes to complete each exam.

Exam 1 will occur on 10/06, opened at 4:05PM and Exam 2 will occur on 12/15, opened at 4:05PM.

Journal Article Presentation: 50 points

You will find a journal article examining a modality of therapy among those covered in class in a specific population of your choice (e.g., age, gender, race/ethnicity, sexual orientation, disability, income class, religious background etc.) You will then create a 10-minute voice-over PowerPoint presentation, uploaded to Canvas providing an overview of the journal article, its methodology, research findings and implications. Next, you will respond to two of your fellow classmate's presentations.

Your presentation will be submitted by 11/20 at 11:59PM. Presentations that are submitted past the deadline will receive a 10% reduction in points for every day late. Your two responses must be submitted to Canvas by 11/27 at 11:59PM.

If there are any questions about choosing an appropriate journal article, please reach out to the TA and/or Instructor. More detailed instructions and grading rubric will be provided on Canvas.

Reflection Paper: 10 points

You will write a brief paper, reflecting on how your perspective of the field of counseling psychology and psychotherapy has shifted over the course of the semester. I encourage you to reflect on where you gained insight, something that challenged your current perspective and/or was thought-provoking.

This reflection paper should be 2-3 pages (double-spaced), using APA formatting. More detailed instructions and grading rubric will be outlined on Canvas.

Intervention Paper: 50 points

You will be provided with a hypothetical description of a client seeking psychological services. You will then pick a theoretical orientation from among those learned about in class and provide a detailed case conceptualization of your client. You will then describe possible clinical interventions that would be useful for your client.

This case conceptualization paper should be 5-10 pages (double-spaced), using APA formatting. More detailed instructions and grading rubric will be outlined on Canvas.

Grading

Graded Item	Points
Two exams (2 x 50 points each)	100
Book Club (4 x 10 points each)	40
Cultural Presentation	50
Reflection Paper	10
Intervention Paper	50
<i>Total points available</i>	300 points

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E
Percentage	93 - 100	90 – 92.4	87 – 89.4	83 – 86.4	80- 82.4	77 – 79.4	73- 76.4	70- 72.4	67- 69.4	63- 66.4	60- 62.4	< 60

Class Attendance & Participation

Given the nature of the course, active class participation is essential, thus, punctual class attendance is mandatory. I expect that you will have completed the readings prior to attending class. It is expected that cell phone use remains at a minimum during the class period. While food is permitted, please be considerate of your fellow classmates and the physical class environment.

Classroom Environment

As you participate in class, you will not be expected to have the “right” answer. Additionally, in many instances, there will be no “right” or “wrong” answers. As the Instructor, I will make every effort to create a safe and welcoming class atmosphere, where debate and discussion can take place and students feel free to express their reactions, viewpoints, and experiences. You are welcome to come and speak with me at any time, should you have any questions, concerns, or

desire to learn more. You are free to disagree with your fellow students or with the Instructor or the TA, but you are required to keep your disagreements professional and respectful.

Students might volunteer to share personal information during class discussions. This is an important part of the learning experience and the student's right to privacy must be respected by all. Being actively involved in the class sessions entails some level of personal self-disclosure. Because of the nature of the vulnerability, trust, and openness needed to learn about counseling, it is extremely important that confidentiality be maintained. Revealing personal information about others outside of the classroom is a breach of confidentiality. If you wish to share with others outside of the classroom, please reveal only your own reactions and understanding and avoid using names or identifying features of your classmates.

Makeup Exams & Late Policy

Make-up exams will only be administered for official University approved absences which include documented illness, death in the immediate family and other documented crises, call to active military or jury duty, religious holidays, and official University activities. Proper documentation will be required prior to receiving an approved absence. Please see the UF Attendance Policy for more information ([Attendance Policies < University of Florida \(ufl.edu\)](#)).

In concordance with official UF attendance policy, students with planned absences must inform the instructor as early as possible. For all unplanned absences because of accidents or emergencies, students should contact the Instructor as soon as conditions permit. Proper documentation will be required prior to the possibility of scheduling a make-up exam.

Late assignments will receive a 10%-point reduction for every 24-hour period past the stated deadline.

Academic Honesty

It is important that you understand that I will not give a passing grade to those who do not abide by the UF Honor Code. Any student who cheats or helps another student cheat will receive a failing grade in this course. Please review the University of Florida Student Honor Code (<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>)

Disability Accommodations

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [Get Started with the DRC - Disability \(ufl.edu\)](#)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Course Evaluations

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://ufl.bluera.com/ufl/> . Evaluations are typically open during the last 2-3 weeks of the semester. Summary of these assessments are available to students at <https://gatorevals.aa.ufl.edu/public-results/> .

UF Policy on Sexual Harassment, Assault and Intimate Partner Violence

UF fosters a campus free of sexual violence including sexual harassment, domestic violence, dating violence, stalking, and/or any form of sex or gender discrimination. If you disclose a personal experience, any faculty member, TA or staff member is required to notify the Title IX Coordinator by completing the report form available at [Report » UF Office for Accessibility and Gender Equity \(ufl.edu\)](#), emailing titleix@ad.ufl.edu , or calling 352-273-1094. Other persons who suspect a violation of this policy should report it to an appropriate person in their department/unit or to the Title IX Coordinator.

Tentative Course Schedule **

** Note: The contents of this syllabus may be changed during the semester. If changes are made to this syllabus, they will be announced in class and on Canvas E-learning. It is your responsibility to come to class and to check for announcements of any changes made online.

Date	Topic	Readings	Due
Week 1 08/25	<ul style="list-style-type: none"> • Introduction to Course Syllabus • History of Counseling Psychology 		
Week 2 09/01	<ul style="list-style-type: none"> • Multiculturalism • Ethical Issues in Counseling 	Corey Ch. 2, 3	
Week 3 09/08	<ul style="list-style-type: none"> • Psychodynamic Therapy 	Corey Ch. 4, 5	Book Club Initial Post: 9/04 @ 11:59 PM Responses: 9/08 @ 3:55PM
Week 4 09/15	<ul style="list-style-type: none"> • Existential Therapy 	Corey Ch. 6	
Week 5 09/22	<ul style="list-style-type: none"> • Person-Centered Therapy • Gestalt Therapy 	Corey Ch. 7, 8	
Week 6 09/29	<ul style="list-style-type: none"> • Cognitive Behavioral Therapy 	Corey Ch. 10	Book Club Initial Post: 9/25 @ 11:59PM

			Responses: 9/29 @ 3:55PM
Week 7 10/06	EXAM 1 (on Canvas, opens at 4:05PM)		
Week 8 10/13	<ul style="list-style-type: none"> Mindfulness and Acceptance-Based Cognitive Therapy 	Corey Ch. 9 Sipe & Eisendrath (2012) Hayes et al. (2006)	
Week 9 10/20	<ul style="list-style-type: none"> Feminist Therapy 	Corey Ch. 12	Book Club Initial Post: 10/16 @ 11:59PM Responses: 10/20 @ 3:55PM
Week 10 10/27	<ul style="list-style-type: none"> Postmodern Approaches 	Corey Ch. 13	
Week 11 11/03	<ul style="list-style-type: none"> Family Systems Therapy 	Corey Ch. 14	
Week 12 11/10	<ul style="list-style-type: none"> Career Counseling 	McWhirter & McWha-Hermann (2021)	Book Club Initial Post: 11/6 @ 11:59PM Responses: 11/10 @ 3:55PM
Week 13 11/17	<ul style="list-style-type: none"> Graduate Student Panel 		Article Presentation Due 11/20 @ 11:59PM
Week 14 11/24	NO CLASS – Thanksgiving Break		Article Presentation Responses Due 11/27 @ 11:59PM
Week 15 12/01	<ul style="list-style-type: none"> Case Conceptualization Treatment Planning 		Reflection Paper Due 12/04 @ 11:59PM
Week 16 12/08	NO CLASS – Reading Day		Final Paper Due 11/11 @ 11:59PM
Week 17 12/15	EXAM 2 (on Canvas, opens at 4:05PM)		

Additional Readings

Sipe, W. E., & Eisendrath, S. J. (2012). Mindfulness-based cognitive therapy: theory and practice. *The Canadian Journal of Psychiatry*, 57(2), 63-69.
<https://doi.org/10.1177%2F070674371205700202>

Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour research and therapy*, 44(1), 1-25. <https://doi.org/10.1016/j.brat.2005.06.006>

McWhirter, E. H., & McWha-Hermann, I. (2021). Social justice and career development: Progress, problems, and possibilities. *Journal of Vocational Behavior*, 126, 103492. <https://doi.org/10.1016/j.jvb.2020.103492>

Additional University Resources

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit U Matter, We Care website (<https://umatter.ufl.edu/>) to refer or report a concern and a team member will reach out to the student in distress.

GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the GatorWell website (<https://gatorwell.ufsa.ufl.edu/>) or call 352-273-4450.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the Student Health Care Center website (<https://shcc.ufl.edu/>)

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services (<https://career.ufl.edu/>)

E-learning technical support: Contact the UF Computing Help Desk (<http://helpdesk.ufl.edu/>) at 352-392-4357 or via e-mail at helpdesk@ufl.edu