



INTERNATIONAL CENTER FOR URBAN TRAINING

Individual, Family, & Group Counseling
CAS 005; 4.5 credit hours

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SYLLABUS

Course Description

This course is designed to help students focus on the objectives of counseling theories, processes, and dynamics. This course satisfies the California Association of Alcohol and Drug Counselors (CAADAC) educational requirements for certification (4.5-quarter units).

Course Goals

1. To introduce the student to special skills of counseling utilizing modern counseling models of treatment methods;
2. To teach and equip the student with basic individual, family, and group counseling skills, through class instruction, leadership modeling, and practical exercises;
3. To provide the student with an understanding of family dynamics and the addictive system;
4. To provide demonstrative, practical differences between therapy groups, support groups, and self-help groups;
5. To provide the student with an understanding of codependency and traits;
6. To further develop skills within the student to initiate and maintain individual and family counseling and support groups;
7. To present the unique challenges associated with counseling and supporting people who desire to change addictive behaviors.

Course Objectives

Upon course completion, student shall display a fundamental competence and demonstrate necessary abilities in the following areas:

1. Objectives to counseling:
 - a. Exploration of a problem and its ramifications
 - b. Examination of attitude and feelings
 - c. Consideration of alternative solutions
 - d. Decision-making
 - e. Therapeutic approaches

2. Family counseling
 - a. Theories of family co-dependency
 - b. Techniques for motivating family involvement in the treatment process
 - c. Techniques of multifamily group counseling
 - d. Limitation of the chemical dependency counselor
 - e. Working with the family therapist
 - f. Selecting an appropriate family therapist for ongoing family work
 - g. Role-playing

3. Group counseling
 - a. Purpose and function of different types of counseling groups
 - b. Models of group counselor intervention
 - c. Group patterns of behavior

- d. Therapeutic factors in group counseling
- e. Client behaviors that may effect group participant outcome
- f. Process group vs. didactic/training group
- g. Theories about the stages of group development
- h. The role of the counselor at various stages of group development
- i. The difference between individual-oriented and group-oriented behavior
- j. Group techniques and exercises
- k. Group orientation process

Textbooks Required:

· Kottler, Jeffrey A., Nuts & Bolts of Helping, Allyn & Bacon, Needham Heights, MA, 2000. (May be purchased from: <http://www.amazon.com/Nuts-Bolts-Helping-Jeffrey-Kottler/dp/0205308880>)

Recommended:

· Eagan, Gerald, The Skilled Helper: A Problem-Management Approach to Helping, 6th Edition, 1997 Wadsworth Pub. Co.

· Okun, Barbara, Effective Helping: Interviewing and Counseling Techniques, 5th Edition, 1996, Wadsworth Pub. Co.

Course Requirements and Assignments:

Reading

Assigned reading is listed in the course outline

Each assignment should be completed before the class session so that you will be able to participate in and benefit from the class discussions.

Tentative Course Outline:

January 5 General Introduction

Overview of Course

Overview of Syllabus

Lecture: Objective to counseling

January 7 Review

Lecture: Therapeutic approaches

Read chapter 1 & 2

January 12 Review

Role-play

Lecture: Therapeutic Approaches cont'd

Assignment due: Summary of class discussions on January 5 & 7; 2-4 typed pages

Read chapter 3 & 4

January 14 Review

Small group discussion

Lecture: Individual Counseling

Read chapter 5 & 6

January 19 Review

Lecture: Family Counseling

Assignment due: Summary of class discussions on January 12 & 14; 2-4
typed pages

Read chapter 7 & 8

January 21 Review

Lecture: Group Counseling

Vignettes and simulations

Read chapter 9

January 26 Comprehensive review of class material

Vignettes and simulations

Assignment due: Summary of class discussions on January 19 & 21; 2-4
typed pages

January 28 Wrap-up/Discussion

FINAL

CLASS POLICIES:

- A. Attendance:
Students are expected to attend and participate in classroom activities as directed.

- B. Absences

After three unexcused absences, a student is counseled by the Dean and placed on probation. If the student has another unexcused absence while on probation, the student is counseled again by the Dean and at his/her discretion, may terminate the student. Absences from part of the class period without prior approval from the instructor or Dean are not permitted and can be considered an absence for the entire class period.

C. Tardiness

A student arriving after attendance has been taken is considered late and will be marked absent unless the instructor considers the reason for tardiness legitimate.

D. Late assignments: The student alone is responsible to make arrangements for missed course work and I am under no obligation to assist the student in making up assignments unless the student provides a legitimate reason for the absence (e.g., illness or family emergency). Assignments submitted after the due date and time will not be accepted unless discussed and prearranged at least one (1) week in advance of the due date.

E. Cover page: To safeguard confidentiality please provide a Title Page as a cover for assignments submitted to me.

Grading:

Attendance:	20%
Class Participation:	20%
Assignments:	
Summaries	
January 5 & 7	10%
January 12 & 14	10%
January 19 & 21	10%
Final	30%

A	94 – 100	B-	80-83	D+	67-69
A-	90-93	C+	77-79	D	64-66
B+	88-89	C	73-76	D-	60-63
B	84-87	C-	70-72	F	00-59

CLASS DATES: January 5, 7, 12, 14, 19, 21, 26, & 28, 2010

CLASS TIMES: 6:00 PM – 9:45 PM (WITH 3 BREAKS TOTALING 30 MINUTES).

CLASS DAYS: Tuesday & Thursday