

Course: CO614 - **The Helping Relationship: Counseling Methods & Techniques**  
Credit: 3 credit hours  
Semester: FALL 2020, Cycle 2  
Time:  
Instructor: Doug Geiger, MA, LPC, NCC (douglas.geiger@calvary.edu)

## I. DESCRIPTION

A study of the major techniques and strategies that can be appropriately and effectively used in counseling individuals, including ways of determining the defining problems (diagnosis) as well as helping with the problem (treatment). Special attention is given to conceptualizing commonly used counseling methods and techniques through a biblical and theological framework. (Prerequisite: CO601 and CO610)

## II. OBJECTIVES

- A. Students will learn biblical and theological strategies for assessing what counselees may be struggling with, as well as facilitating desired change in their lives. (PLO 1, 2, 3, 5)
- B. Students will learn counseling techniques originating from the different counseling theories and inspect those various techniques through a biblical worldview. (PLO 1, 2, 3, 5)
- C. Students will learn how to formulate basic treatment plans that contain an initial conceptualized structure from which to navigate the course of treatment, as well as selected methods to accomplish that treatment. (PLO 1, 2, 3, 5)
- D. Students will familiarize themselves with and be trained on how to select and utilize techniques and strategies for facilitating goals in the counseling treatment plan. (PLO 1, 2, 3, 5)
- E. Students will be exposed to essential interviewing and counseling skills so that they are able to develop therapeutic relationships with clients. (PLO 1, 2, 3, 4, 5)
- F. Students will explore how to gather information, receive further guidance and training, and take other steps toward becoming a competent counselor. (PLO 1, 2, 3, 5)

Upon completion of this course, students will be able to demonstrate the following skills:

1. Relationship Building Skills:
  - a. Empathic listening and responses
  - b. Unconditional positive regard
  - c. Non-judgmental interviewing skills
  - d. Genuineness and congruency
  - e. Verbal and non-verbal attending skills
  - f. Emotion and thought reflection
  - g. Paraphrasing, summarizing, encouragement
  - h. Therapeutic silence
2. Working Stage Skills
  - a. Immediacy
  - b. Focus on core client issues
  - c. Advanced level empathy
  - d. Probing, questioning, clarifying, and self-disclosure
  - e. Confrontation
  - f. Pattern recognition and reflection (thoughts, feelings, and behaviors)
3. To assist in developing a working knowledge of the relationship between counseling theories and counseling skills.
4. Creating an understanding of the counselor's characteristics and behaviors that influence the helping process.
5. Use of skills designed to account for the social, ethnic, gender, and cultural background of their clients.
6. Being able to have personal awareness in the counseling session regarding one's own personal issues that may impact the counseling process.
7. Understanding transference and counter-transference.
8. Use of the APA Code of Ethics.
9. Crisis intervention

### III. REQUIRED TEXTS/MATERIALS

Hill, Clara E..*Helping Skills: Facilitating Exploration, Insight, and Action.* American Psychological Association. 2019. 485 pages. ISBN: 978-1-4338-3137-9 (Retail \$79.99)

Thomas, John C. & Lisa Sosin. *Therapeutic Expedition: Equipping the Christian Counselor for the Journey.* B&H Academic. 2011. 636 pages. ISBN: 1433672367 (\$34.67)

**Also recommended:**

Hawkins, Ron & Tim Clinton. *The New Christian Counselor: A Fresh Biblical and Transformational Approach.* Harvest House Publishers. 2015. 368 pages. ISBN: 0736943544 (\$21.75)

#### IV. REQUIREMENTS

##### A. Class Attendance and Participation (50 points) (Obj. A, B, C, D, E, F)

Students are expected to attend class lectures as scheduled as well as to engage in discussion of presented topics. Personal involvement during class time is an essential element of active learning, and students will be graded accordingly. Students will be expected to participate in practicing helping skills each class session. Students are required to participate in all three roles of counselor, client, and provider of peer feedback.

##### B. Review ACA Code of Ethics (10 points) (Obj. F)

Student will read through and discuss the ACA Code of Ethics in class.

##### C. Feedback Log (Obj. D, E, F)

Each student will be required to bring a notebook or other note taking device as a feedback log for each class. Each practice in class, the observer will take notes in the student's log. Three categories will be observed and evaluated: Skills, Personalization (countertransference, relating to client), and conceptualization.

##### D. Practice Outside of Class (50 points) (Obj. B, D, E, F)

Students will also be expected to meet with other students outside of class to work on their helping skills between classes. Students are to report their practice times in their weekly journal and discuss what they did well, what they are working on, and any questions.

##### E. Written Assignments (Obj. A, B, C, D, E, F)

###### 1) Weekly reflective class journaling:

Students will be required to write one half to one full page (single spaced) reflection on their practice tie outside of class. The journaling is designed to help each student process their experiences and each class. Students may write about how the experience is affecting them personally and how the client is affecting them personally as a counselor-in-training. **(10 points)**

###### 2) Write a 5-page response paper on *Therapeutic Expedition*. Students will: 1) explain the thesis of the book; 2) identify their personal top “take-aways” from the book and explain why; 3) identify areas of disagreement and explain why; and 4) explain how the book will impact change in their personal ministry in the future. **(50 points)**

- 3) Draw a family genogram that includes three generations (2 generations back if you have children). Identify multi-generational themes as well as their impact on you and other family members (4-6 pages). Further instructions will be provided in class. **(50 Points)**
  
- 4) Select and watch four (4) counseling videos available online (links will be provided in class), and then write a brief **one-page** report on each video. Reports must address the following.
  - From what theory was the counselor working?
  - What techniques did he/she use?
  - What were the techniques supposed to accomplish?
  - What was significant to you?
  - Was there anything you objected to?
  - Were there any problems with the technique or style from a Biblical perspective?
  - Could you see yourself using the same techniques? Why or why not?**(10 points each)**
  
- 5) Complete four (4) written case studies (5-6 pages each) with treatment plan (a) emphasizing what you would want to accomplish and how, including (b) a list of various techniques that could be utilized and how you would use each one. This will help you bring together various counseling tools into a workable plan for a specific situation. It will also encourage thinking toward the dynamics of a case, the counselees' goals, the counselor's goals and several interventions and techniques to accomplish each of those goals. The four (4) case studies (**done in this order**) should be a presenting problem of: A) an individual with an addiction; B) an individual with social anxiety and depression; C) a family counseling situation; and D) a couple with conflict and communication problems. The **first two** case studies are to be **written with a partner**, turning in one report with both authors' names. Case study three is optional to either have a partner or do it alone. Case study four will be done individually. **(50 points each) (Obj. A, B, C, D, F)**

*Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own. All class papers must follow the APA style of writing.*

## **V. METHODS**

- A. Structured class lectures and discussion.

**B. Grading:**

Class Attendance and Participation	50 points
ACA Code of Ethics Review and Quiz	10 points
Helping Skills Practice Outside of Class	50 points
Reflective Journaling	50 points
Written Assignment	50 points
Family Genogram	50 points
Counseling Videos Summaries	40 points
Case Studies	<u>200 points</u>
Total	= 500 points

**Grading Scale:**

A	= 465 – 500
A-	= 450 – 464
B+	= 430 – 449
B	= 415 – 429
B-	= 400 – 414
C+	= 380 – 399
C	= 365 – 379
C-	= 350 - 364

**C. Late Assignments**

Papers turned in one (1) week late will result in a reduction of one (1) letter grade.

Papers turned in two (2) weeks late will result in a reduction of two (2) letter grades.

No later papers will be accepted.

**VI. ADDITIONAL INFORMATION**

The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB), English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

The Clark Academic Center ([learning@calvary.edu](mailto:learning@calvary.edu)) is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests.

Please take advantage of this service.

Students with disabilities have the responsibility of informing the DSS Coordinator ([dss@calvary.edu](mailto:dss@calvary.edu)) of any disabling condition that may require support.