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| **Course Name: Counseling Psychology** |
| **Course Code: PSYC 440** | **Course Type:** Elective | **Course Credits:** 3 |
| **Class Timings:** TR 03:30 PM- 04:45 PM | **Section:** B | **Student Meeting Hours/ Office Hours:** WF: 12 PM – 1 PM |
| **Instructor Name: Noor Ul Huda** |
| **Instructor Contact Details**Email: noorulhuda@fccollege.edu.pk**Guidelines for contacting instructor:** If you wish to discuss any query regarding the course or have any other concern, you may feel free to visit me during my office hours, or write an email to me to get an appointment. |
| **Course Description**:This course is designed to provide a general introduction to the field of Counseling Psychology. It consists of introduction to theories, assessment and approaches to counseling, such as, Psychoanalytic, Person Centered, Behavioral, Cognitive Behavioral, Transactional Analysis and Rational Emotive approaches. The application of these therapeutic approaches will be practiced through studying and discussing case studies and role plays. There will also be emphasis over educational and occupational counseling, counseling for emotional problems, family, marriage, and community mental health counseling, along with ethics in counseling. This course will consist of majorly synchronous teaching. |
| **Main Mode of Instruction:** MS Teams will be used for the live classroom sessions with the students.**Technology Requirements** The students need to be in the habit of checking their emails and Moodle accounts on an everyday basis, while also being well-familiar with MS Teams.**Technology Etiquettes:** * In order to ensure effective learning and healthy classroom participation, it is absolutely essential for all the students to keep their videos on at all times.
* At instances when they have to ask a question or answer one, or have an experience to share, they should virtually raise their hands to get the instructor’s attention.
* The students are also expected to keep themselves on mute, during all times, except for when they are expected to answer in class.

**Considerations for Students with Limited Internet/Technology Access:** The recordings of all the live classes that will take place will be uploaded on Moodle, regularly, right after the class ends.**Course Objectives** * At the completion of the course the students will be able to:
* To develop a balanced view of the major concepts of various therapies and the practical techniques in the therapeutic process.
* Understand major contributions as well as limitations of each therapeutic system.
* Be aware of major differences in the approaches of different therapies
* Students will have an excellent base and learn how to select wisely from all the approaches.
* The students will know how application of current major approaches to therapeutic practice can acquire a basis for a style of counseling tailored to their own personalities.
* Ethical issues in counseling and therapy, the role of a therapist, and importance of confidentiality.

Personal characteristics of effective therapists. |
| **Course Content, Learning Material & Activities Schedule** |

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| **Week** | **Topic** | **Reading** | **Activities** |
|  | * Introduction to Counseling Psychology
* Psychotherapy and Counseling.
 | Topics 1-2 | * Ice breakers
* Getting to know each other
* Discussion on why they opted for this course and their perception of Counseling
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|  | * An Effective Counselor the Counselor as a Person and as a Professional
* Legal and Ethical Issues in Counseling and Psychotherapy.
* Contemporary Issues in Counseling
 | Topics 3-5 | * Quiz I
* Practice of initiating a session
* Practice of verbals and non-verbals.
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|  | * Psychoanalytic Therapy
 | Topics 6 | Quiz II |
|  | * Adlerian Therapy
 | Topic 7 | Quiz IIIRole Play I |
|  | * Existential Therapy
 | Topics 8 | Quiz IV |
|  | * Person-Centered Therapy
 | Topic 9 | Role Play II |
|  | * Gestalt Therapy
 | Topic 10 | Quiz V |
|  | * Behavior Therapy
 | Topic 11 |  |
|  | * Discussion of Roleplay feedback
 |  |  |
|  | * Transactional Analysis
 | Topic 12 |  |
|  | * Rational Emotive Behavior Therapy
 | Topic 13 |  |
|  | * Cognitive Therapy
 | Topic 14 |  |
|  | * Case illustrations: Comparison of approaches and Critique
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|  | Final Review |  |  |

**Textbooks, Materials, Supplies, and other Resources**

1. Parott, L. (2003). *Counseling and Psychotherapy*. (2nd ed.). UK: Brooks/Cole.
2. Sharf, R. S. (2004). *Theories of Psychotherapy and Counseling: Concepts and Cases.* (3rd ed.). UK: Brooks/ Cole.
3. Corey, G. (2005). *Theory and Practice of Counseling and Psychotherapy*. (7th ed.). CA: Brooks/ Cole.
4. Corey, G. (2005). *Case Approach to Counseling and Psychotherapy.* (6th ed.). USA: Wadsworth.

**Other Reference Material**: Handouts, Articles and other related material provided by the instructor.

**Course Requirements:**

*This course will consist of the following grading components:*

**Class Participation**

Productive, respectful and fruitful discussion, answering of questions, raising questions and sharing real life examples are all the key towards an effective learning experience.

**Written Assignment**

During this semester, the students will be asked to prepare a written assignment on one of the topics covered. Students will be expected to apply their knowledge and understanding of what they have learned in this course. The assignment should follow the academic style of writing with proper APA style referencing (7th edition).

**Quizzes**

There will be 5 quizzes in the semester, each of 20 marks. The quizzes will generally consist of MCQs and short questions. A time window of about 12 hours will be provided to get done with the quiz. If you are unable to do so and miss the quiz you will not be allowed to take the quiz later. **NO MAKE-UP quizzes will be held**

**Final Demonstration:** This course consists of a final demonstration of 20% weightage, will be conducted in order to help each student practice and implement their counseling skills and knowledge which they may have been able to gain throughout the semester. This demonstration will be the final closure that they will have to demonstrate their skills and add their creative ability in the implementation of effective counseling strategies.

**Assigned Readings**

The students will be expected to responsibly go through the assigned readings throughout the semester so that they can effectively participate in class and do well in the assessments.

The breakup is as follows:

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| --- | --- | --- |
| **Evaluation Criteria** | **Points** | **%** |
| Class Participation & Attendance | 20 | 10 % |
| Quizzes (5) | 100 | 50% |
| Role Plays | 20 | 10% |
| Assignment | 30 | 15% |
| Final Demonstration | 30 | 15% |
| TOTAL | 200 | 100% |

**Attendance Policy:**

Attendance is mandatory according to the policy of FCC. Students are advised to attend classes regularly in order to boost their class participation and enhance their learning. It is essential that each student is punctual and enters the online classroom on time, so as to not to disrupt the flow of the class and their own understanding. It is in your best interest to regularly attend the classes because lecture material frequently goes beyond the textbook; missing a class will likely affect your understanding of the material and will affect your course grade. In case of an emergency, it is the responsibility of the student to inform the instructor either before the class (if possible) or after, by sending a formal application, clearly stating the reason, to **noorulhuda@fccollege.edu.pk.**

**Classroom Participation:**

Class participation is absolutely essential and recommended and for this to take place, it is important to consistently read the assigned material and ask questions. It is understandable that some students may be more comfortable while participating as compared to others. However, one of the primary aims of my class is to ensure a comfortable environment in which every student feels at ease to discuss, ask and contribute. The 20 points (10 %) will be based on the following criteria:

* Active quality classroom participation and discussion
* Effort to sincerely communicate in English
* Pertinent and constructive comments/ questions.

**Grade Determination**

*It is absolutely essential to keep in mind that the instructor does not “give” any grade to the student, rather the student achieves the grade as a result of their performance throughout the semester.*

**Cheating** is when a student offers, takes, or possesses information that may aid performance on a quiz or an exam, which is not approved by the instructor. Cheating may result in disciplinary probation and will definitely receive a grade “F” zero for the assignment.

**Plagiarism**refers to the use of words or ideas without acknowledgement of the author or the source. This includes information from websites, articles, books, another student's paper, etc. If you copy someone else’s words, or even paraphrase someone’s ideas without giving them credit, you are plagiarizing.  APA style must be adapted for writing assignments and this will be discussed in detail at the time of distributing assignments.

**\**Plagiarism/cheating of any sort will be referred to AIC (Academic Integrity Committee) at FCC for necessary action.***

Please look into the Plagiarism policy of FCC by clicking on this link: https://www.fccollege.edu.pk/wp-content/uploads/2018/05/FCCU-Plagiarism-Policy.pdf

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogues and available on the FCCU website) as approved by the Academic Council

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| --- | --- | --- | --- |
| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |

**Student Conduct & Other Issues:**

As the classes will be conducted online and each one of us will not be meeting personally, it is at times the tendency to take the class casually. We need to strictly keep in mind that regardless of whether the class is online or in-person, we are meeting for an academic purpose and interacting with a) an instructor and b) peers that deserve equal degree of respect and regard. I would advise each one of you to sit at a place which is preferably quiet, dress up in a “classroom appropriate” manner and follow the same conduct which you would have, in case we were meeting on campus. For all the online classes, **I expect the students to keep their videos on**, until and unless there is a problem with the internet connection. Furthermore, please express your views without judgment of others’ opinions. **Respect Confidentiality -**  Being actively involved in the class sessions and small groups entails some level of personal self-disclosure. Because of the nature of vulnerability, trust, and openness needed to learn about counseling it is extremely important that confidentiality be maintained. Revealing personal information about others outside classroom is a breach of confidentiality.

**Changes to the Syllabus:**

This syllabus was designed to convey course information and requirements as accurately as possible. It is important to note however that it **may** be subject to change during the course depending on the needs of the class and other situational factors. Such changes would be for your benefit and you will be notified of them as soon as possible.

*Please Note:*

*The instructor reserves the right to modify the procedures/ policies and course outline mentioned in this syllabus as dictated by unforeseen circumstances. It is your responsibility to cover the correct material. Instructor will announce changes well in time at class meetings.*