Techniques in Rehabilitation Counseling

Instructor: Rene Gonzalez, Ph.D., CRC

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Office Hours: Tuesdays and Wednesdays: 3:00pm to 4:30pm or by appointment.

Class Time: Wednesday: 4:40pm - 7:10pm.
Class location: Health Affairs Building West, RM 1.140

Required Textbook:

Course Description:
The purpose of this course is to provide a basic overview of the current counseling techniques used in rehabilitation counseling. The course will emphasize various counseling techniques and their applicability as it relates to working with clients/consumers with a multitude of disabilities, including physical, cognitive, and emotional issues. Techniques and the process of counseling and psychotherapy including facilitative relationships, case conceptualization, goal setting, intervention, and outcome evaluation will be explored. Structured learning experiences through analysis and practice using simulated counseling experiences for development of competencies in utilization of the techniques with rehabilitation clients/consumers will be emphasized. The major course objectives focus on the development and refinement of skills in the following areas:

1. Facilitative communication in interpersonal interaction.
2. Systematic problem solving - identifying client problems and needs, setting goals, and selecting and implementing intervention strategies.

Course Objectives / CACREP Standards:
Following are outcomes to be achieved through completion of the course, as specified in the CACREP program standards and demonstrated by the ability to:

Addressing the following CACREP 2016 Professional Counseling Identity & Clinical Rehabilitation Counseling Standards

1. Students will demonstrate an understanding of the impact of technology on the counseling process (CACREP 2.F.1.j.; CACREP 2.F.5.e).
2. Students will show an understanding of issues of diversity and how these issues impact service provision and clinical intervention (CACREP 2.F.2.c.)
3. Students will strengthen their interviewing, counseling and case conceptualization skills (CACREP 2.F.5.g.)
4. Students will demonstrate an understanding of critical legal and ethical issues relevant to clinical rehabilitation counseling (CACREP 2.F.5.d; CACREP 5.D.2.w.).
5. Students will demonstrate evidence-based counseling strategies and techniques for prevention and intervention (CACREP 2.F.5.j.).

UTRGV Policy Statements

STUDENTS WITH DISABILITIES:
Students with a documented disability (physical, psychological, learning, or other disability which affects academic performance) who would like to receive academic accommodations should contact Student Accessibility Services (SAS) as soon as possible to schedule an appointment to initiate services. Accommodations can be arranged through SAS at any time, but are not retroactive. Students who suffer a broken bone, severe injury or undergo surgery during the semester are eligible for temporary services.

Brownsville Campus: Student Accessibility Services is located in Cortez Hall Room 129 and can be contacted by phone at (956) 882-7374 (Voice) or via email at ability@utrgv.edu.

Edinburg Campus: Student Accessibility Services is located in 108 University Center and can be contacted by phone at (956) 665-7005 (Voice), (956) 665-3840 (Fax), or via email at ability@utrgv.edu.

MANDATORY COURSE EVALUATION PERIOD:
Students are required to complete an ONLINE evaluation of this course, accessed through your UTRGV account (http://my.utrgv.edu); you will be contacted through email with further instructions. Students who complete their evaluations will have priority access to their grades.

Online evaluations will be available:
Fall 2017 (full semester) Nov. 15 – Dec. 6

ATTENDANCE:
Attendance records will be maintained by the instructor. Students are expected to attend all scheduled classes and may be dropped from the course for excessive absences. UTRGV’s attendance policy excuses students from attending class if they are participating in officially sponsored university activities, such as athletics; for observance of religious holy days; or for military service. Students should contact the instructor in advance of the excused absence and arrange to make up missed work or examinations.

Attendance-Related Special Polices
- Students are expected to arrive to class on time and return from breaks on time. Late arrivals interrupt the learning processes of fellow students. Students who are repeatedly tardy to class will be asked to drop the course.
- Students are expected to stay for the entire class period. Leaving class early interrupts the learning processes of fellow students and should be reserved for unusual circumstances. Students who repeatedly leave class early will be asked to drop the course.

SCHOLASTIC INTEGRITY:
As members of a community dedicated to Honesty, Integrity and Respect, students are reminded that those who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and expulsion from the University. Scholastic dishonesty includes but is not limited to: cheating, plagiarism, and collusion; submission for credit of any work or materials that are attributable in
whole or in part to another person; taking an examination for another person; any act designed to give unfair advantage to a student; or the attempt to commit such acts. Since scholastic dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced (Board of Regents Rules and Regulations and UTRGV Academic Integrity Guidelines). All scholastic dishonesty incidents will be reported to the Dean of Students.

**SEXUAL HARASSMENT, DISCRIMINATION, and VIOLENCE:**
In accordance with UT System regulations, your instructor is a “responsible employee” for reporting purposes under Title IX regulations and so must report any instance, occurring during a student’s time in college, of sexual assault, stalking, dating violence, domestic violence, or sexual harassment about which she/he becomes aware during this course through writing, discussion, or personal disclosure. More information can be found at [www.utrgv.edu/equity](http://www.utrgv.edu/equity), including confidential resources available on campus. The faculty and staff of UTRGV actively strive to provide a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free from sexual misconduct and discrimination.

**COURSE DROPS:**
According to UTRGV policy, students may drop any class without penalty earning a grade of DR until the official drop date of November 15. Following that date, students must be assigned a letter grade and can no longer drop the class.

**Course Requirements**

I. **Exams:** 300 points (100 points each)
There are three (3) online exams scheduled for this course. A format of 50 multiple choice and/or true/false questions should be expected.

- **Exams:** Open on Wednesday at 8:00am and close Saturday at 10:00pm, unless re-scheduled.
- Missed exam will receive a grade of zero (0) points.
- Exams will be based on lectures and assigned readings.

II. **Quizzes:** 15 points (5 points each)
There are three (3) online optional quizzes scheduled for this course.

- **Quizzes:** Open Wednesday at 8:00am. Close Saturday at 10:00pm, unless re-scheduled.
- Missed quiz will receive a grade of zero (0) points.

**Exam and Quiz-related Special Policies**

- Students may refer to the textbook and any other course materials during the exam and quiz.
- Students may not collaborate via text messaging, cell phone, IM, in person, or by any other means during the exam and quiz.
- Exams and quizzes may not be taken in advance.

III. **Demonstration of Counseling Techniques: Tape I (50 points)**

- See Blackboard “Assignment” Tape I.

Students will demonstrate use of basic counseling techniques, to include a demonstration of informed consent and limits to confidentiality, an overview of the presenting problem(s), rapport building, listening and reflecting, questioning, paraphrasing, and other techniques covered during this course.

- **Tape 1 Due:** October 18, 2017 by 4:00pm
IV. Demonstration of Counseling Techniques: Tape II (70 points)

- See Blackboard “Assignment” Tape II.

Students will demonstrate use of advanced empathy, exploration, and challenging: reflecting of feeling and meaning, providing feedback in the here-and-now (immediacy), challenging discrepancy, self-disclosure, and other techniques covered during this course.

- Tape 2 Due: November 22, 2017 by 4:00pm

V. Selected Segment: 10 points (5 points each)

Each student will review, cue, and present two (2) client recordings of counseling sessions. For each clip presented, you are required to provide a brief background.

- Selected Segment Due: Same week of Student Conference.

Recordings presented will show:

- A segment that demonstrates a technique, intervention, or interaction that you feel you did well.
- A tape segment that you would like to improve.

VI. Psychotherapeutic Approach Assignment PowerPoint Presentation (35 Points)

Students will conduct a 20-25 minute presentation in class explicating an understanding of one counseling theory and counseling skills associated with that theory.

- NOTE: Emphasis should be placed on the techniques associated with the theory.

- See Blackboard “Assignment” for Theory/Skill PowerPoint Presentation Guidelines
- See Blackboard “Assignment” for Rubric: Theory/Skill PowerPoint Presentation

Due: Monday, November 27 @ 10:00pm

VII. Class Participation (25 Points)

Students are required to attend all classes and to demonstrate the counseling techniques that are covered each week by partnering with another student in class.

- See Blackboard “Assignment” for Class Participation and Practice Sessions Guidelines

Extra Credit

Extra credit is not offered nor accepted in this course.

Late Assignments

Late assignments will not be accepted without prior consent of the instructor. If prior approval is obtained from the instructor, a 10 point penalty per day will be assessed to the grade of that assignment. If the assignment is not submitted on the agreed upon date, the student will receive a grade of zero (0) points for that assignment.

Grading Scale

The total number of possible points for this course is 490.

A - 490 – 456 Points (93.1 - 100%)
B - 455 – 407 Points (83.1 – 92.9%)
C - 406 – 358 Points (73.1 – 82.9%)
F - 357 Points
# Course Outline

This schedule is tentative. Additional assignments and schedule changes may be announced in class.

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<tr>
<th>WK</th>
<th>Starts</th>
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| 01 | Aug. 30  | Orientation to Class
Intentional Interviewing                                                   | Syllabus
Chapter 1
PowerPoint                                                      |
| 02 | Sep. 6   | Attending Behavior and Empathy
Observation Skills                                                           | Chapters 3, 4
PowerPoints                                                        |
| 03 | Sep. 13  | Questioning: Opening Communication
Encouraging, Paraphrasing, and Summarizing                                   | Chapter 5, 6
PowerPoints                                                        |
| 04 | Sep. 20  | How to Conduct a 5-Stage Counseling Session
Focusing the Counseling Session                                           | Chapters 8, 9
PowerPoints                                                        |
|    | Sep. 20-23 | **Exam 1 and Optional Quiz**
Opens: Wednesday 8:00am. Closes: Saturday 10:00pm                   | **Chapters 1, 3, 4, 5**
PowerPoints                                                        |
| 05 | Sep. 27  | Reflecting Feelings
Experiential Demonstration of Counseling Techniques

-----Student Tape 1 Conferences-----
Selected Segment Due

Chapter 7
PowerPoint                                                      |
| 06 | Oct. 4   | Reflection of Meaning and Interpretation/Reframe
Experiential Demonstration of Counseling Techniques

-----Student Tape 1 Conferences-----
Selected Segment Due

Chapter 11                                                        |
| 07 | Oct. 11  | Self-disclosure and Feedback
Experiential Demonstration of Counseling Techniques                       | Chapter 12
PowerPoint                                                        |
|    | Oct. 11-14 | **Exam 2 and Optional Quiz**
Opens: Wednesday 8:00am. Closes: Saturday 10:00pm                   | **Chapters 6, 7, 8, 9**
PowerPoints                                                        |
| 08 | Oct. 18  | Empathetic Confrontation
Experiential Demonstration of Counseling Techniques

Tape 1 due by 4:00pm

Chapter 10
PowerPoint                                                        |
| 09 | Oct. 25  | Ethics, Multicultural Competence, and Positive Psychology
Experiential Demonstration of Counseling Techniques                     | Chapter 2
PowerPoint                                                        |
| 10 | Nov. 1   | Experiential Demonstration of Counseling Techniques                       |                                |
|    | Nov. 1-4 | **Exam 3 and Optional Quiz**
Opens: Wednesday 8:00am. Closes: Saturday 10:00pm                   | **Chapters 2, 10, 11, 12**
PowerPoints                                                        |
| 11 | Nov. 8   | Experiential Demonstration of Counseling Techniques

-----Student Tape 2 Conferences-----
Selected Segment Due

Chapter 10
PowerPoint                                                        |
| 12 | Nov. 15  | Experiential Demonstration of Counseling Techniques

-----Student Tape 2 Conferences-----
Selected Segment Due

Chapter 10
PowerPoint                                                        |
| 13 | Nov. 22  | Experiential Demonstration of Counseling Techniques

Tape 2 due by 4:00pm

Chapter 10
PowerPoint                                                        |
| 14 | Nov. 27  | Due: 10:00pm PowerPoint Presentation                                      |                                |
|    | Nov. 29  | **Student Presentations**
Experiential Demonstration of Counseling Techniques                       | **Student Handouts** |
| 15 | Dec. 6   | **Student Presentations**
Experiential Demonstration of Counseling Techniques                       | **Student Handouts** |