

Lamar State College Port Arthur

**DAAC 1317 –Basic Counseling Skills
Syllabus**

Fall 2021

Instructor: Robert White, M.A. LPC-A, LCDC
Class meets: online (Each Monday beginning at 5:30pm)
Class location: online
Office hours: By Appointment Only
Office: N/A
Phone: (281) 826-4154
Email: whiterl@lamarpa.edu

Personal Introduction

Welcome to Lamar State College Port Arthur. My name is Robert White, and I will be your instructor of record for Basic Counseling Skills. By way of a very brief introduction, I earned my baccalaureate in Criminal Justice and master's degrees in Counseling. My credential is a Licensed Chemical Dependency Counselor (LCDC) and Licensed Professional Counselor Associate (LPC-A). My area of expertise is substance abuse, but I also enjoy the challenges of teaching and motivational speaking. I joined the staff at LSCPA in 2016 and I am currently an Adjunct Instructor, of the Substance Abuse Counseling Program in the College of Allied Health Department and Correctional Education.

Course Description and Introduction

Description Basic Counseling Skills: This course is designed to facilitate development of basic communication skills necessary to develop an effective helping relationship with clients. It includes the utilization of special skills to assist individuals, families, or groups in achieving objectives through exploration of a problem and its ramifications; examination of alternative solutions; and decision making.

Prerequisites: None

Learning Outcomes:

Students will Identify and demonstrate knowledge of the basics of counseling principles, theories and skills to include crisis management.(PSLO 3)

Demonstrate knowledge of the various models and theories of behavioral addictions and substance use disorders and other problems related to addiction.(PSLO 4).

Student Outcomes: Define and explain basic counseling skills necessary to the development of an effective helping relationship with clients. Identify major approaches to treatment.

Discussion Board

The main discussion board page appears weekly with the discussion forum. Forums are made up of individual discussion threads that can be organized around a subject. A thread is a conversation within a forum that includes the initial post and all replies to it. When you access the forum, the thread appears.

Each student must post an original thread and respond to at least two other students by the due date. A requirement of the original post must be at least 3 complete sentences. The post and responses are to be submitted by due date. The thread will open weekly on Mondays at 8:00 am and will close on Sundays at 11:59 pm. A five-point deduction will be taken from each response post not submitted.

Quizzes & Exams will not be accepted late. * Special circumstances must apply. Email me personally. This will be a case by case review of the situation.

Please Do Not Screen Shot any assignments to turn in. They will not be accepted.

Attendance Requirements

Students are to log into the course **daily to check emails and announcements.**

**Textbook: Developing Clinical Skills for Substance Abuse Counseling Author: Daniel Yalisove
Year of Publication: 2010 ISBN: 978-1556203077**

Other web-based information and handouts will be provided

Course Learning Objectives

Upon successful completion of the course, the student should be able to:

1. Define the basic counseling skills necessary to the development of an effective helping relationship with clients.
2. Explain the basic counseling skills necessary to the development of an effective helping relationship with clients.
3. Define the various methods of communication
4. Identify barriers to communication in treatment.

Student Learning Objectives

1. Define and explain basic counseling skills necessary to the development of an effective helping relationship with clients.
2. Define and explain the various methods of communication.
3. Identify major approaches to treatment.
4. Identify the attitudes and skills that are essential to becoming an effective counselor.

Personal Confidentiality: It is expected that this class will contain information that at times will be of a personal nature to many students. It is also expected that all students will maintain the dignity and respect of any personal stories shared within the group. I will be available to any student who wishes to discuss private matters regarding material in class/ If you feel you need professional counseling services, the College has a counseling center available to students, or I can furnish a referral for you.

Core Rules of Netiquette: Attached in menu section of course. Please read in its entirety.

ADA Statement:

Any student who, because of a disabling condition, may require some special arrangements to meet course requirements should contact the instructor as soon as possible. These conditions may include documented physical or educational disabilities. Please be aware that services of accommodations are not automatic. Each student must request them and secure the proper authorizations.

Academic Honesty

Plagiarism, cheating, and other forms of academic dishonesty are not only violations of the college system and the rules of this class but are unethical and unprofessional. In this class, students found guilty of academic dishonesty will receive a 0 for that assignment or an F for the course. Individuals found guilty of unprofessional behavior will not be allowed to return to the class. If you are no longer allowed to return to the class, then you may receive an F or a W for the course.

GRADING POLICY AND EVALUATION

Grading Scale: (sample 10- point scale)

A	B	C	D	F
100-90	89-80	79-70	69-60	59-below

GRADING OF ASSIGNMENTS AND ASSESSMENTS

Place your detailed grading information here. Include specifics on how each type of assessment ties to the grading scale and how late assignments are dealt with.

Attendance 25%
Discussion Board 25%
Mid-Term Exam 25%
Final Exam 25%

Course Schedule

Subject to change

	Date	Required Readings by Chapter	Coursework and Exam Due Dates
Week 1	08-23-21	Syllabus Orientation Basic Skills Lecture Introduction to Concepts of Basic Counseling Skills https://youtu.be/IJXSf-cx8V8	Zoom Live Lecture 5:30 p.m. Recorded Videos Watch Basic Counseling Skills Video Discussion Board

		Read Chapter 1	What two counseling skills you see as important and why?
Week 2	09-06-21	Labor Day Holiday	No Class
Week 3	09-13-21	Diagnosis of Substance Use Disorder Chapter 2	Live Lecture 5:30 p.m. Zoom
Week 4	09-20-21	Stages of Change https://youtu.be/1fYPPbSWIbl	Recorded Videos Watch Stages of Change Video Discussion Board People who are able to change had what in common?
Week 5	09-27-21	Motivational Interviewing (Last Day to Drop Without Penalty)	Live Lecture 5:30 p.m. Zoom
Week 6	10-04-21	Motivational Interviewing Review https://youtu.be/s3MCJZ7OGRk	Recorded Videos Watch Motivational Interviewing Video Discussion Board What are the benefits of using Motivational Interviewing
Week 7	10-11-21	Chapters 1&2	MIDTERM EXAM
Week 8	10-18-21	Reading Assignment: Chapter 3	Read Chapter 3: Some Basic Principles of Substance Abuse Counseling
Week 9	10-25-21	Some Basic Principles of Substance Abuse Counseling Chapter 3	Live Lecture 5:30 p.m. Zoom
Week 10	11-01-21	Reading Assignment: Chapter 4	Read Chapter 4: Applying the Principles of BSGS to prepare for a client session
Week 11	11-08-21	Applying the Principles of BSGS to prepare for a client session Chapter 4	Live Lecture 5:30 p.m. Zoom

Week 12	11-15-21	Chapter 4 Review	<p>Live Lecture</p> <p>5:30 p.m.</p> <p>Zoom</p>
Week 13	11-22-21	Final Review	Self Study (No Class)
Week 14	11-29-21	Final Review	<p>Live Lecture</p> <p>5:30 p.m.</p> <p>Zoom</p>
Week 15	12-06-21	Final Exam	Final Exam