CSD 2061: Module 1
Overview: What Is Counseling?

Lecture 1 (January 5, 2001): “Course Overview”
I. Course Orientation
II. Preparing for Counseling – Getting to know ourselves
III. Characteristics of the “Ideal” Helper
   A. Attitudes about counseling
   B. The “Ideal Helper”
IV. Introduction to Counseling
   A. What counseling is
   B. What counseling is not
   C. When do SLPs need to counsel?

Lecture 2 (January 12, 2001): “Counseling Overview”
I. Basic Theories of Counseling
   A. Different Approaches to Counseling
   B. Different Modes of Communicating
II. A Brief Review of Some Common Approaches
   A. Humanistic / Person-Centered
   B. Gestalt
   C. Existentialist
   D. Behavioral
   E. Cognitive
III. The General Process of Counseling

Lecture 3 (January 19, 2001): “The Domain of Counseling”
I. Reminder: Quiz 1 is due by 1/26
II. Group Discussion: Different Approaches to Counseling
III. Counseling and Communication Disorders
   A. Our scope of practice
   B. The emotions of communication disorders
IV. Counseling and the Diagnostic Process
V. Developing a counseling relationships
VI. The Helping Model
   A. Understanding the Current Scenario
   B. Identifying the Preferred Outcome
   C. Considering Strategies for Action
   D. Working toward the goal
Lecture 4 (January 26, 2001): “Basic Communication Skills”

I. Reminder: Don’t forget Quiz 1
II. Skills Associated with Listening: Attending, Listening, and Understanding
III. Skills Associated with Responding: Basic Empathy
IV. Practicing Listening & Responding

Lecture 5 (February 2, 2001): “Basic Communication Skills” (cont)

I. Some things to remember about listening and responding
   A. Different Types of Responses
   B. Things that can go wrong with responding
II. Basic Communication Skills
   A. Basic Empathy – Continued
   B. Probing and Summarizing
III. More Practice with Basic Empathy

Lecture 6 (February 9, 2001): Advanced Communication Skills

I. Reminder: Quiz 2 is due by 2/16
II. Specific Challenging Skills
   A. Advanced Empathy
   B. Self-disclosure
   C. Immediacy
III. Challenging to help clients change
   A. Practice with Challenging Skills
Daily Outlines for Counseling – Spring, 2001

CSD 2061: Module 3
A Model for Viewing the Helping Process

Lecture 7 (February 16, 2001): Stage 1: Understanding the current scenario

I. Reminder: Don’t Forget Quiz 2

II. Overview of Stage I
   A. Helping Clients Tell their Story
   B. Identifying Blind Spots
   C. Leverage: Helping Clients Decide Which Issues To Address

III. Stage I Exercises

Lecture 8 (February 23, 2001): Stage II: Identifying the Preferred Scenario

I. Overview of Stage 2: Identifying the preferred scenario
   A. Identifying Possibilities: What do you need / What do you want?
   B. Developing an Agenda for Change: What do you really want?
   C. Verifying Commitment What are you willing to pay for what you want?

II. Stage II Exercises

Lecture 9 (March 2, 2001): Stage III: Developing Action Strategies

I. Reminder: It’s time to pick your topics for your presentations and papers!

II. Overview of Stage III
   A. Brainstorming possible action strategies
   B. Identifying the “best fit”
   C. Formulating a plan for achieving goals

III. Stage III Exercises

Lecture 10 (March 16, 2001): ACTION! Bringing It All Together

I. Action Overview
   A. Strategies, Tactics, & Logistics
   B. Techniques for Encouraging Action
   C. Roadblocks to Action

II. Practice Exercises
   A. Your action orientation / Self-starting
   B. Coping with obstacles to progress
   C. Identifying facilitating / restraining factors

III. Presentation Examples
   A. Counseling Adults Who Stutter
   B. Counseling Families of Preschool Children Who Stutter