

Daily Outlines for Counseling – Spring, 2001

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

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CSD 2061: Module 2 **Basic and Advanced Counseling Skills**

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

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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