

COUN 6900 - Counseling Methods and Practice

Fall 2026 Syllabus, Section 02, CRN 41191,

Credit hours: 3

Instructor

Christine Andujar

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Public Instructor Information

Instructor Title: **Ms. Christine**

Instructor Professional Qualifications: **Master of Education, Youngstown State University (2018); Bachelor of Arts, Kent State University (2015); Associate of Arts, Kent State University (2013)**

Instructor Office Location: **Beeghly Hall- By appointment, via zoom, or in class. Professor is available after class from 7:50- 8:30pm**

Instructor Office Phone: **330-941-3257**

Course Description

6900. Counseling Methods and Practice. Methods and practices of professional counseling relative to relationship, goals, process, and documentation. Relevant ethical guidelines are stressed. Includes experiential skill training. For counseling majors or by permission of Department of Counseling. 3 s.h.

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Course Readings

Group	Title	Author	ISBN
Required	Course readings		

Required Textbook:

Egan, G., & Reese, R. J. (2019). *The skilled helper: A problem-management and opportunity development approach to helping*. (11th ed.) Pacific Grove, CA: Brooks/Cole.

McKay, M., Davis, M., & Fanning, P. (2021). *Thoughts and feelings*. (5th ed.) Oakland, CA: New Harbinger Publications.

Required Reading:

Cooper, J. (2017). Essential Crisis Intervention Skills in Erford, B., & Jackson-Cherry, L. (3rd ed), *Crisis Assessment, Intervention, and Prevention*, 67-84. New York, New York: Pearson.

Puleo, S., & McGlothlin, J. (2017). Overview of Crisis Intervention in Erford, B., & Jackson-Cherry, L. (3rd ed), *Crisis Assessment, Intervention, and Prevention*, 1-26. New York, New York: Pearson.

Remley, T. P., & Herlihy, B. (2020). Ethical, legal, and professional issues in counseling (6th ed.). Pearson.

Vecchi, G. (2009). Conflict & crisis communication: Methods of crisis intervention and stress management. *Annals of the American Psychotherapy Association*, 12(4), 54-63.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.



Schedule of Topics and Assignments

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Mon	8/24	Ch. 1 Egan, Ch. 2 Egan Vecchi (2009), Erford & Jackson-Cherry (2017) McGlothlin et al. (2016)	Ingredients of Successful Helping Problem-Management & Opportunity-Development Process Crisis Intervention Wellness Areas	
Mon	8/31	Ch. 3 Egan, Ch. 4 Egan, Ch. 5 Egan	• Helping Relationship & Values • Tuning into Clients & Listening Carefully • Empathic Responding	DUE: Complete Discussion #
Mon	9/7	OFF- LABOR DAY		
Mon	9/14	Ch. 6 Egan, Ch. 7 Egan, Chs. 1-4 McKay Ch. 5 Morgen	Probing & Summarizing • Challenging, Blind Spots, Adv. Empathic Highlights, Reluctance/Resistance • Tx Plan, Automatic Thoughts, Limited Thinking, & Hot Thoughts • Motivational Interviewing (MI) Techniques	DUE: Self-Exploration Prospectus Due DUE: Complete Discussion #2
Mon	9/21	Ch. 8 Egan, Ch. 9 Egan	Action Arrow – Life-Enhancing Action, Obstacles to Change/Action, Resilience Stage I: Help Clients Explore Their Concerns	DUE: Complete Discussion #3 Practice in the Community Counseling Clinic
Mon	9/28	Ch. 10 Egan, Ch. 11 Egan	Stage II: Help Clients Design & Set Problem-Managing Goals Stage III: Help Clients Design the Way Forward Understanding/ Access to Community Resources Evidenced Based Counseling Strategies & Techniques, Treatment Plans, & Outcomes	DUE: Copy of BCI/FBI Background Check DUE: Complete Discussion #4
Mon	10/5	NO CLASS MIDTERM ONLINE		Midterm Exam (Online) – Blackboard
Mon	10/12	Meet in the Community Counseling Clinic RM 3101 to record Skills Tape #1		
Mon	10/19	Review Sessions – Skills Tape 1		DUE: Skills Tape 1 Transcript / Reflection
Mon	10/26	Meet in the Community Counseling Clinic RM 3101 to record Skills Tape #2		
Mon	11/2	Review Skills Tape #2		DUE: Skills Tape 2 Transcript / Reflection
Mon	11/9	ACA Code of Ethics (2014) Chp. 15 - Remily & Herlihy (2020)	Ethical Practice Ethical and culturally relevant strategies for counseling Impact/ use of Technology in Counseling Theories, Models and Strategies for Consultation Counseling Children	
Mon	11/16	Fishbowl Activity		
Mon	11/23	Fishbowl Activity/ Share Self Exploration Paper results		
Mon	11/30	NO CLASS		DUE: SELF EXPLORATION PAPER/RESULTS
Mon	12/7	NO FINAL		

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