

COUN 6900 - Counseling Methods and Practice

Fall 2026 Syllabus, Section 03, CRN 44164,

Credit hours: 3

Instructor

James Hyland

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Public Instructor Information

Professional Qualifications:

Master of Education, Clinical Counseling, Youngstown State University (2013)

Bachelor of Arts, Psychology, The Ohio State University (2008)

Office: Beeghly Hall- By appointment only via zoom or in class. Professor is available before class from 4:45pm-5pm or after class 7:50pm- 8:15pm

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Student Support Hours: Before/ After class

Communication Expectations: Students are expected to communicate via email with any educational questions, concerns, or absences.

How to refer to me: Jim

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.

Course Readings

Group	Title	Author	ISBN
Required	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.		

Course Readings

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

Both required and recommended reading must be included.

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.

Recommended Training – Screening, Brief Intervention, and Referral to Treatment

<https://www.ebasedacademy.org/>

- Ohio SBIRT: Foundational Skills of MI
- Ohio SBIRT: Reinforcing Change with Motivational Interviewing

Optional Psychotherapy.net Videos

<https://eps.cc.yosu.edu:8443/login?url=http://www.psychotherapy.net/stream/ysu>

Optional/Recommended Textbook:

Egan, G. (2013). *Exercises in helping skills*. (10th ed.) Pacific Grove, CA: Brooks/Cole.

Morgen, K. (2017). *Substance Use Disorders and Addictions*. Los Angeles: Sage.

Young, M. E. (2013). *Learning the Art of Helping*. (5th ed.) New York: Pearson.

Suggested Readings:

Barak, A., & Grohol, J. (2011). Current and future trends in internet-supported mental health interventions. *Journal of Technology in Human Services*, 29(3), 155-196.

Can, D., Marín, R. A., Georgiou, P. G., Imel, Z. E., Atkins, D. C., & Narayanan, S. S. (2016). 'It sounds like...': A natural language processing approach to detecting counselor reflections in motivational interviewing. *Journal of Counseling Psychology*, 63(3), 343-350.

Chui, H., Hill, C. E., Kline, K., Kuo, P., & Mohr, J. J. (2016). Are you in the mood? Therapist affect and psychotherapy process. *Journal of Counseling Psychology*, 63(4), 405-419.

Epstein, J., & Bequette, A. W. (2013). Smart phone applications in clinical practice. *Journal of Mental Health Counseling*, 35(4), 283-295.

Jacobs, G. A., Gray, B. L., Erickson, S. E., Gonzalez, E. D., & Quevillon, R. P. (2016). Disaster mental health and community-based psychological first aid: Concepts and education/training. *Journal of Clinical Psychology*, 72(12), 1307-1317.

Li, X., Jauquet, C. A., & Kivlighan, D. J. (2016). When is therapist metacommunication followed by more client collaboration? The moderation effects of timing and contexts. *Journal of Counseling Psychology*, 63(6), 693-703.

Nissen-Lie, H. A., Goldberg, S. B., Hoyt, W. T., Falkenström, F., Holmqvist, R., Nielsen, S. L., & Wampold, B. E. (2016). Are therapists uniformly effective across patient outcome domains? A study on therapist effectiveness in two different treatment contexts. *Journal of Counseling Psychology*, 63(4), 367-378.

Tracey, T. G. (2016). A note on socially desirable responding. *Journal of Counseling Psychology*, 63(2), 224-233.

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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 #1
Mon	9/7		No Class	
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: Copy of BCI/FBI Background Check 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
Mon	9/28		No Class	
Mon	10/5	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: Complete Discussion #4
Mon	10/12	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	10/19		Midterm Exam (Online) – Blackboard	
Mon	10/26		Meet in the Community Counseling Clinic RM 3101 to record Skills Tape #1	
Mon	11/2		Review Sessions – Skills Tape 1	DUE: Skills Tape 1 Transcript / Reflection
Mon	11/9		Meet in the Community Counseling Clinic RM 3101 to record Skills Tape #2	
Mon	11/16		Review Sessions – Skills Tape 2	DUE: Skills Tape 2 Transcript / Reflection
Mon	11/23		Fishbowl Activity	
Mon	11/30		Fishbowl Activity	
Mon	12/7		Share Self Exploration Paper Results	DUE: SELF EXPLORATION PAPER/RESULTS

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