



International Undergraduate Program
Faculty of Psychology
Universitas Gadjah Mada

COURSE OUTLINE
COUNSELING PSYCHOLOGY

Course Code	: PSI201408
Period	: Odd Semester 2022/2023
Credit	: 3 SKS
Class	: IUP
Course Instructor(s)	: Edilburga Wulan Saptandari, S.Psi., M.Psi., Ph.D., Psikolog Restu Tri Handoyo, S.Psi., M.Psi., Ph.D., Psikolog
E-mail	: ewulans@ugm.ac.id restu.tri.handoyo@ugm.ac.id
Teaching Assistant	: TBA
E-mail	: TBA
Location and Time	: TBA
Duration	: 14 Weeks
Frequency of Meetings	: Weekly
Language of Instruction	: English

Course Description:

This course is designed to introduce student to counseling psychology. It will provide students with an overview to various theoretical approaches to counseling, introduction to basic counseling skills and practices, an overview of issues related to counseling (e.g., ethics, culture), and discussion on counseling practice in various setting (e.g., school, workplace) and target group (e.g., adolescents, family). The course will also include sessions with guest lecturer (practitioner, researcher) and field trip to local service providers to widen student perspectives.

Learning Outcomes:

As a result of participating in this course, students should be able to:

- describing the similarities and differences of guidance, counseling, and psychotherapy - (ethical consideration, professional regulations - boards)

- identifying various variables needed in individual and group counseling (counselor micro skills and roles, client role, counseling situation -including telecounseling)
- demonstrating micro-skills in individual and group counseling
- comparing various theoretical approaches in counseling (psychodynamics, behavior-behavioral modification, cognitive-behavioral, humanistic, transpersonal), both in individual and group counseling
- linking and evaluating various contexts and stages of development based on the latest research in the field of counseling

Prerequisites

-

Required readings:

1. Capuzzi, D. & Gross, D. R. (2017). *Introduction to the counseling profession*. New York: Routledge
2. Capuzzi, D. & Stauffer, M.D.(eds) (2016). *Counseling and psychotherapy: Theories and interventions*. Alexandria, VA: the American Counseling Association.
3. Corey, G. (2016). *Theory & practice of group counseling 9th edition*. Boston, MA: Cengage Learning
4. Corey, G. (2017). *Theory and practice of counseling and psychotherapy*, Tenth Edition. USA: Cengage Learning
5. Corey, M. S., Corey, G., & Corey, C. (2014). *Groups, process, and practice: 9th edition*. Belmont, CA: Brooks/Cole, Cengage Learning.
6. Jacobs, E. D. E., Masson, R. L., Harvill, R. L., & Schimmel, C. J. (2012). *Group counseling: strategies and skills*. Belmont, CA: Cengage Learning.

Methods of Evaluation:

Final exam (video-taped mock counseling):	30%
Reflective essay	: 10%
Mid-term examination	: 25%
Jigsaw activity	: 15%
Group task & presentation	: 15%
Class participation	: 5%

Attendance Policy:

Minimal 75%

Assessment:

Group assignment 1 (Jigsaw)

The students are divided into four groups (called as home groups), each member of the group have to learn about these sub-topics:

1. Psychoanalytic Theories and Application
2. Behavioral Theories and Application
3. Cognitive behavioral Theories and Application
4. Person-centered Theories and Application

Students then temporarily group together per sub-topic (called as expert groups), and then return to their original group to “teach” them about that sub-topic.

The teaching should cover the key concepts, the therapeutic process, and the application of each approach.

Group assignment 2

The students are divided into four groups, each group presents about:

1. Children, family setting
2. Adolescents, in school setting
3. Adult, in occupational and organizational setting
4. Elderly, in public health service setting

The presentation must include:

- Theories from books, journals, and other reading materials
- Best practice from a counsellor/psychologist which gained through interview

End-of-semester exam (video-taped mock counseling)

For this assignment students will be asked to pair-up with a partner. Each person will take turn acting as a client and counsellor. To make the most out of this experience, students should choose a personal topic (experience) that they feel comfortable disclosing to the partner. The topic should not be something too emotional, but must present an issue that students would like to address. If students do not feel comfortable disclosing real experience, they are allowed to make up a story. The counseling process should be video-taped (one for each session) and **must not** be longer than 17 minutes.

Next, students are to write a reflective essay (**max: 1200 words**) of your experience acting as his/her friend’s counsellor. The essay should include:

1. **Summary of the session:** Who was your client? What was the problem they presented? (this should be relatively concise, no more than 20% of the overall essay).

2. **Feelings:** How did you feel about the experience?
3. **Evaluation & Analysis:** What approach or theory did you use in the counseling session? What strategies (micro skills) did you use to build rapport? Show evidence (quotes from the recording).
4. **Personal Action Plan:** What would you have done differently to improve the counseling process?

Course Time Table:

Week	Topics	Learning Method
1	Course explanation; learning contract Definition of counseling Moral, value, ethics in counseling	Lecture, discussion
2	Personal and professional aspects of counseling Variables in counseling	Lecture, video(s), discussion
3	Basic counseling techniques, process, outcomes Group counseling	Lecture, video(s), discussion
4	Therapeutic Relationship Counselor's micro-skills	Lecture, video(s), discussion, role-play
5	Counselor's micro-skills in step-by-step counseling process	Role-play/practice, reflection, discussion
6	Field trip to Puskesmas and School	Experiential learning, discussion
7	Multiculturalism Research in counseling	Lecture, discussion
8	Psychoanalytic theories and techniques of counseling	Jigsaw, lecture, discussion, role-play
9	Behavioral and cognitive-behavioral theories and techniques of counseling	Jigsaw, lecture, discussion, role-play
10	Person-centered theories and techniques of counseling	Jigsaw, lecture, discussion, role-play
11	Creative approach in counseling	Lecture, discussion, role-play
12	Telecounseling	Lecture, discussion, role-play
13	Counseling across life-span and setting: <ul style="list-style-type: none"> • Children, family setting • Adolescents, in school setting 	Group presentation, discussion
14	Counseling across life-span: <ul style="list-style-type: none"> • Adult, in occupational and organizational setting • Elderly, in public health service setting 	Group presentation, discussion