

**RCS 6412**  
**Rehabilitation Counseling Theories and Practice**  
**Fall 2008**

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**Contact Information**

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E-Learning Course Website: RCS 6412

Logon URL:

<https://elearning.courses.ufl.edu/webct/logon/2337472139061>

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**Overview of the course**

The purpose of this course is twofold. First, the course is designed to familiarize rehabilitation counseling students with the psychological theories on which current counseling approaches are based. Second, the course provides the opportunity for students to learn and practice basic counseling techniques used in rehabilitation counseling settings and general mental health settings. Students will be introduced to multicultural counseling competencies and their application in RC/MH settings.

**Learning Objectives**

Upon completion of this course, students will be able to

- Describe counseling theories and discuss their applications in working with individuals with disabilities through sound rehabilitation counseling practice;
- Demonstrate a range of effective helping behaviors including basic and advanced listening and responding skills, goal-setting, problem-solving, and treatment planning;
- Identify client needs and determine appropriate effective interventions to promote client growth and goal achievement;
- Select and apply counseling interventions appropriate to the client, the problem, and the setting;
- Recognize and assess potential crisis situations and propose interventions for resolution;
- Identify multicultural issues and describe how these issues may impact the counseling relationship;
- Explore personal values, issues, and biases and examine the potential effects of these upon the helping relationship.

**Required Texts**

Day, S. X. (2008). *Theory and design in counseling and psychotherapy* (2<sup>nd</sup> Ed.). New York: Houghton Mifflin Company.

Cormier, S. & Hackney, H. (2008). *Counseling strategies and interventions* (7<sup>th</sup> Ed.). Princeton, NC: Merrill Publishing.

**Additional Resources:** From time to time, additional resources may be suggested or required. Location and availability will be provided at the time of assignment.

Prochaska, J. O., & Norcross, J. C., (2007). *Systems of Psychotherapy: A transtheoretical analysis* (6<sup>th</sup> ed.). Pacific Grove, CA: Thomson Brooks/Cole

Young, M. E., (2005). *Learning the art of helping: Building blocks and techniques* (3<sup>rd</sup> ed.). Upper Saddle River, NJ: Pearson Education, Inc.

## Requirements/Evaluation

1. **Professional Behavior (15 points)**
  - a. **Participation.**
  - b. **Ethical Conduct.**
2. **Opinion Paper (5 points).**
3. **Case presentation project (120 points total).**
4. **Cultural Diversity Fact Sheet (20 points).**
5. **Strategies (20 points).**
6. **Quizzes (60 points total).**
7. **Video (80 points).**
8. **Final Examination (80 points).**
9. **Deadlines:** Assignments are due **at the time and date indicated.** Assignments received any later will receive a **10%** reduction of the **total points** for the assignment.
10. **Grading**

<u>Assignment</u>	<u>Points</u>	<u>Lower Limit</u>	<u>Upper Limit</u>	<u>Lower Limit</u>	<u>Upper Limit</u>	<u>Grade</u>	
Opinion Paper	5						
Cultural Diversity Fact Sheet	20	360	400	90%	100%	A	
Strategy Presentation/H.O.	20	340	359	85%	89.90%	B+	
Three Quizzes	60	320	339	80%	84.90%	B	
Case Presentation Project	120	300	319	75%	79.90%	C+	Repeat the course
Video Role Play	80	280	299	70%	74.90%	C	
Final Exam	80	260	279	65%	69.90%	D+	
Participation	15	240	259	60%	64.90%	D	
<b>Total Possible points</b>	<b>400</b>	<b>0</b>	<b>238</b>		<b>59.90%</b>	<b>E</b>	

### 11. Make-up and Re-Write Policy

Make-ups for work and exams or rewrites for projects may be arranged at the instructor's discretion and on a case-by-case basis.

### 12. Academic Honesty Policy

Please review the University's complete policy regarding academic dishonesty, **found online** <http://www.dso.ufl.edu/judicial/academic.php>. This information is also available on the link provided on the home page of our E-Learning course.

Students are expected to abide by the University's Academic Honesty Policy, and to adhere to the following pledge:

*"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."*

On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:

*"On my honor, I have neither given nor received unauthorized aid in completing this assignment."*

According to UF, Academic dishonesty includes but is not limited to:

- Cheating – copying another’s work for academic gain
- Plagiarism – representing another’s work as your own
- Bribery – offering, giving, soliciting, or receiving goods or services of value for academic gain
- Misrepresentation – altering facts (e.g., signing someone else’s name on a document)
- Conspiracy – planning with others to commit academic dishonesty
- Fabrication – making up information to avoid punishment or other difficulty

### 13. Copyright Information

Please also review the policy on the use of copyrighted materials, which can be found on the Health Science Center Library’s web page: [www.library.health.ufl.edu/services/copyright.htm](http://www.library.health.ufl.edu/services/copyright.htm).

### 14. Accommodation Policy

Students requesting classroom accommodation must first register with the Dean of Students’ Office, 202 Peabody Hall, 392-1261. The DSO will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation.

### 15. Student Support

Phone Numbers and Contact Sites for University Counseling Services and Mental Health Services

- University Counseling Services <http://www.counsel.ufl.edu/> P301 Peabody Hall – 392-1575
- Student Mental Health Services in the Student Health Care Center (Infirmary) <http://shcc.ufl.edu/smhs/> Room 245, Infirmary Bldg.- 392-1171
- Alachua County Crisis Center, available 24/7, (352) 264-6789

### 16. Work hard, have fun, learn lots.



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