

CPSY 200: PSYCHOLOGY OF INTERPERSONAL COMMUNICATION

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Goals:

Acquire the core skills central to counseling and psychotherapy.
To learn about and build on your natural helping style.
Engage in the basic micro skills of an interview.
Conduct an interview using listening skills.
Master the basic structure of an interview.
Integrating diversity and multicultural competence.

Elements of the class:

Lecture
Class discussion
Small group exercise
Role-plays
Audio/video taping

Required Reading:

Ivey, A.E. & M.B. (2014). *Intentional Interviewing and Counseling: Facilitating client development in a multicultural society* (8th Edition). Pacific Grove, CA.

Course Requirements:

Attending class and participating in discussion
Audiotapes
Videotape

Confidentiality:

This course requires considerable commitment to role-playing and practice counseling, both within the class and as home assignments. Professional ethics and competence require the confidentiality that is necessary to maintain basic trust and to safeguard the rights and welfare of practice clients. All exercises involving other students and volunteers for the interviews must be treated as confidential material. Recordings must be safeguarded so that only the student and instructor have access to them. All such recording must be completely erased at the end of the academic quarter.

Reading Assignment Schedule

Session 1: Chapters 1 and 2

Session 2: Chapter 3. Turn in audiotape 1 on “Natural Interviewing Skills.”
Label all tapes with your name and the appropriate title.

Session 3: Chapters 4 and 5.

Session 4: Chapter 6.

Session 5: Chapter 7.

Session 6: Chapter 8.

Session 7: Chapter 9.

Session 8: Chapter 10.

Session 9: Chapter 11.

Session 10: Overview. Turn in videotape.

Assignments and Grading:

Audiotapes: Each audiotape is a 10-minute taped interview, where you will demonstrate competence in the assigned skills. Enlist the help of a classmate in the 200 class or from the CP program to serve as a client. Demonstrate that you have obtained consent from your partner by using the “sample” consent statement provided in your textbook.

Recordings that are not easy to hear will not be accepted; make sure to listen to your tape BEFORE you turn it in.

Bring a tape and tape recorder to class each week.

Videotape: A 15-minute videotaped interview will be submitted at the last class. In it, you will demonstrate the basic competence in the skills taught. You are encouraged to use classmates or other CP students for this exercise. You are also encouraged to videotape several interview sessions until you conduct one that you find to be exemplary of your work at this point. You will need to make individual arrangements to videotape at SCU Media Services 554-4520.

Grading: Grading is conducted on a point system: 25 points for each audiotape and 50 points for the videotape.

New APA Ethics Standard on Student Self-Disclosure.

The professional training philosophy of the Counseling Psychology Department is predicated on the notion that an effective counselor must be a whole person. Indeed, in the practice of counseling, it is the person of the counselor that is a major component of healing. As a counselor-in-training, then, self-reflection is a necessary and required part of the training that helps one better understand and empathize with his/her future clients' experience.

Such reflection is a significant component of one's personal and professional development as an effective and sensitive instrument of change. Thus, it is customary that in the CPSY Masters Program's classes at SCU, students are regularly assigned work that involves self-disclosure and personal study of the content of that self-disclosure. Students are expected to reflect on their past and present personal experiences in courses and program related activities, in oral and/ or in written assignments.

We respect students' rights to confidentiality, and do not require that any particular or specific information be disclosed. Moreover, we do not evaluate students' progress in the program based on the disclosure of any specific information (except as mandated by ethical codes or law).

It is our experience that this philosophy and related formats in our classes provides a rich and superlative educational experience, involving more aspects of student experience than do standard lectures or written material which does not include the person of the therapist in training.

DISABILITY ACCOMMODATION POLICY:

To request academic accommodations for a disability, students must contact Disability Resources located in The Drahmman Center in Benson, room 214, (408) 554-4111; TTY (408) 554-5445. Students must provide documentation of a disability to Disability Resources prior to receiving accommodations.