

**Argosy University**  
**COURSE SYLLABUS**  
**PC 6105**  
***Counseling Skills II***

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**Faculty Information**

**Faculty Name:** Dr. Arinn Testa

Campus: San Francisco Bay Area

Contact Information: [dr.arinn@yahoo.com](mailto:dr.arinn@yahoo.com) / 4150505-0588

**Office Hours:** By Appointment

**Short Faculty Bio:**

Arinn Testa, PsyD

The Wright Institute

*Full-Time Faculty, Counseling Psychology and Forensic Psychology*

For several years Dr. Testa worked as a Forensic Psychologist for the Marin County Sheriff's Department fulfilling a research grant awarded by the California Board of Corrections. Her extensive work with forensic populations, with its emphasis on rapid treatment results such as the excessive use of pharmaceuticals, inspired her exploration into the use of Holistic alternatives in therapy.

Consequently, Dr. Testa is a certified Doula emphasizing medicinal plant resources and has volunteered with midwives in Central America. To compliment this practice she is working on certification as a Holistic Health Practitioner which includes healing through body work and movement. She is the co-founder of an organization that supports the Children's Crisis Center in Modesto, California where she provides pro-bono consultation with families and staff on Clinical and Assessment dimensions. Other areas of specialty that Dr. Testa enjoys are Neuropsychology, Spirituality and Human Sexuality. She is currently developing a private practice in San Francisco and is particularly influenced by Jungian, Gestalt and Existential Psychotherapies.

**Course description:**

Counseling Skills II is a continuation of Counseling Skills I and will address specific techniques commonly drawn upon by therapists as well as integrate a deeper knowing of psychological processes. We will include skills utilized with specific populations such as children and older adults as well as various ethnic groups.

**Course Pre-requisites:** None

**Required Textbook:**

1. Basch, M. (1988) *Understanding psychotherapy: the science behind the art*. Basic Books. ISBN: 0-465-08860-0
2. Weinberg, G. (1996). *The heart of psychotherapy*. New York: St. Martin's Griffin. ISBN: 0-312-14110-6
3. McWilliams, N. (1999). *Psychoanalytic case formulation*. New York: Guilford Press. ISBN-10: 1572304626

**Recommended Texts:**

Kahn, Michael, Between Therapist and Client

Kottler, Jeffrey On Being a Therapist

Lerner, Harriet, Women in Therapy

McWilliams, Nancy, Psychoanalytic Diagnosis

Technology: Pentium III CPU/ Windows 98; 128MB RAM, printer; Microsoft Office Acrobat (full version), Microsoft Internet Explorer 5.5 (PC) 5.0 (MAC) or Netscape Navigator 4.08. Norton Antivirus.

**Course length:** 15 Weeks

**Contact Hours:** 45 Hours

**Credit Value:** 3.0

**Course Objectives:**

1. To further explore what therapy is. How is a therapeutic relationship different from other relationships? What do we need to know about ourselves and how people change to be helpful as professional therapists?
2. To be able to identify some of the technical differences between theoretical orientations. How to tell what a therapist's orientation is by observing and/or experiencing a session.
3. Begin to choose a theory and begin to be able to understand the challenges of conducting a therapy session using that theory.
4. To understand how the therapist's personal therapeutic experiences, as well as life experiences, affect their abilities to be helpful or increase the possibilities that they will not.

**Assignments:**

An assignment sheet will be provided during the first day of class.

**Class Participation and Lateness:**

Class attendance at all sessions is mandatory. I certainly understand there are emergencies in life, but this is an experiential course that is not easily made up. If you miss three classes or more you will automatically receive one grade lower. Please let me know if you will be late as I take 2 points off your class participation grade for every 15 minute increment of lateness. See the chart below for specific in-class grading criteria for participation. Late papers and/or assignments will be graded down. Please talk to me if you think an assignment will be late.

## Grading Criteria

### *Grading Scale*

A	100 – 93
A-	92 – 90
B+	89 – 88
B	87 – 83
B-	82 – 80
C+	79 – 78
C	77 - 73
C-	72 – 70
D+	69 – 68
D	67 – 63
D-	62 – 60
F	59 and below

### *Grading requirements*

<i>Attendance/participation</i>	<i>25%</i>
<i>Weekly Assignments</i>	<i>25%</i>
<i>Final paper</i>	<i>30%</i>
<i>Presentation</i>	<i>20%</i>
	<i>100%</i>

## Library

*All resources in Argosy University's online collection are available through the Internet. The campus librarian will provide students with links, user IDs, and passwords.*

Library Resources: Argosy University's core online collection features nearly 21,000 full-text journals and 23,000 electronic books and other content covering all academic subject areas including Business & Economics, Career & General Education, Computers, Engineering & Applied Science, Humanities, Science, Medicine & Allied Health, and Social & Behavior Sciences. Many titles are directly accessible through the Online Public Access Catalog at <http://library.argosyu.edu>. Detailed descriptions of online resources are located at <http://library.argosyu.edu/misc/onlinedblist.html>.

In addition to online resources, Argosy University's onsite collections contain a wealth of subject-specific research materials searchable in the Online Public Access Catalog. Catalog searching is easily limited to individual campus collections. Alternatively, students can search combined collections of all Argosy University Libraries. Students are encouraged to seek research and reference assistance from campus librarians.

Information Literacy: Argosy University's Information Literacy Tutorial was developed to teach students fundamental and transferable research skills. The tutorial consists of five modules where students learn to select sources appropriate for academic-level research, search periodical indexes and search engines, and evaluate and cite information. In the tutorial, students study concepts and practice them through interactions. At the conclusion of each module, they can test their comprehension and receive immediate feedback. Each module takes less than 20 minutes to complete. Please view the tutorial at <http://library.argosyu.edu/infolit/>

## **Academic Policies**

Academic Dishonesty/Plagiarism: In an effort to foster a spirit of honesty and integrity during the learning process, Argosy University requires that the submission of all course assignments represent the original work produced by that student. All sources must be documented through normal scholarly references/citations and all work must be submitted using the *Publication Manual of the American Psychological Association, 5<sup>th</sup> Edition (2001)*. Washington DC: American Psychological Association (APA) format. Please refer to Appendix A in the *Publication Manual of the American Psychological Association, 5<sup>th</sup> Edition* for thesis and paper format. Students are encouraged to purchase this manual (required in some courses) and become familiar with its content as well as consult the Argosy University catalog for further information regarding academic dishonesty and plagiarism.

Scholarly writing: The faculty at Argosy University is dedicated to providing a learning environment that supports scholarly and ethical writing, free from academic dishonesty and plagiarism. This includes the proper and appropriate referencing of all sources. You may be asked to submit your course assignments through "Turnitin," ([www.turnitin.com](http://www.turnitin.com)), an online resource established to help educators develop writing/research skills and detect potential cases of academic dishonesty. Turnitin compares submitted papers to billions of pages of content and provides a comparison report to your instructor. This comparison detects papers that share common information and duplicative language.

### **Americans with Disabilities Act Policy**

It is the policy of Argosy University to make reasonable accommodations for qualified students with disabilities, in accordance with the Americans with Disabilities Act (ADA). If a student with disabilities needs accommodations, the student must notify the Director of Student Services. Procedures for documenting student disability and the development of reasonable accommodations will be provided to the student upon request.

Students will be notified by the Director of Student Services when each request for accommodation is approved or denied in writing via a designated form. To receive accommodation in class, it is the student's responsibility to present the form (at his or her discretion) to the instructor. In an effort to protect student privacy, the Department of Student Services will not discuss the accommodation needs of any student with instructors. Faculty may not make accommodations for individuals who have not been approved in this manner.

### **The Argosy University Statement Regarding Diversity**

Argosy University prepares students to serve populations with diverse social, ethnic, economic, and educational experiences. Both the academic and training curricula are designed to provide an environment in which students can develop the skills and attitudes essential to working with people from a wide range of backgrounds.