

“The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.”

Course	PRE-INTERNSHIP COUNSELLING SKILLS LAB I COUN 0601 (SECTION 1S)
Date, Time, and Delivery Format	SEPTEMBER 14 – DECEMBER 7, 2022 WEDNESDAYS, 11:15 AM – 2:05 PM SYNCHRONOUS ONLINE
Instructor	DR. SUSAN ELLFELDT 416-226-6620 ext. 6787; 647-223-2149 Email: sellfeldt@tyndale.ca
Class Information	The classes will be livestreamed <i>via Zoom</i> on Wednesdays 11:15 AM – 2:05 PM. Office Hours: by appointment.
Course Material	Access course material at classes.tyndale.ca or other services at Tyndale One . Course emails will be sent to your @MyTyndale.ca e-mail account only. Learn how to access and forward emails to your personal account.

I. COURSE DESCRIPTION

An on-site weekly three-hour training intensive focusing on the learning and development of counselling skills through lecture, video and role-playing experiences.

Prerequisites: COUN 0574 and COUN 0677. Prerequisite (Clinical Track only): COUN 0674. Pre- or Corequisite (Clinical Track only): COUN 0772. COUN majors only or with permission of Counselling Department.

Students must take Skills Lab I and II consecutively in the same academic year.

Please be aware that a **pre-internship seminar is required** in the second semester (Lab II).

II. LEARNING OUTCOMES

At the end of the course, students will be able to:

- Demonstrate competence in using 24 micro-skills related to the counselling process
- Demonstrate skill in integrating the micro-skills into the counselling process
- Demonstrate beginning competence in effective and appropriate use of self in the therapist role
- Demonstrate beginning competence with common counselling issues
- Demonstrate beginning competence in integrating counselling skills with therapeutic orientations
- Demonstrate ability to manage an intake counselling session by identifying client concerns, exploring client context, applying an appropriate therapeutic orientation to the client situation and mutually setting goals with the client for future work.
- Demonstrate in the second semester beginning competence in applying appropriate and effective interventions from a selected therapy model to move the client toward goals.

III. COURSE REQUIREMENTS

A. REQUIRED READING

Ivey, A. and Ivey, M, Zalaquett, C. (2018). *Intentional interviewing and counselling: Facilitating client development in a multicultural society* (9th ed.). Pacific Grove, CA: Brooks/Cole. ISBN- 978-1-305-86578-5

B. REQUIRED ASSESSMENT INSTRUMENTS

(Directions for ordering will be given first week of class)

Results should be turned in through the course page on classes.tyndale.ca.

1. Kolb Learning Style Inventory – available on-line Version 4.0
2. Myers-Briggs Type Indicator – available on-line

C. INTERACTIVE LIVESTREAM AND/OR HYBRID COURSE REQUIREMENTS

- Livestream attendance for the entire duration of the class at announced times
- Headphones (preferred), built-in microphone, and web-camera
- Well-lit and quiet room
- Stable high-speed internet connection, preferably using an Ethernet cable over Wi-Fi

- Full name displayed on Zoom and Microsoft Teams for attendance purposes*
 - A commitment to having the camera on to foster community building*
- *exceptions with permission from professor

D. GUIDELINES FOR INTERACTIONS

Tyndale University prides itself in being a trans-denominational community. We anticipate our students to have varied viewpoints which will enrich the discussions in our learning community. Therefore, we ask our students to be charitable and respectful in their interactions with each other, and to remain focused on the topic of discussion, out of respect to others who have committed to being a part of this learning community. Please refer to “Guidelines for Interactions” on your course resource page at classes.tyndale.ca.

E. ASSIGNMENTS AND GRADING

1. Weekly Homework: 0% of final grade

Homework is assigned weekly to aid students in preparing for class participation and skill acquisition. Students are not required to turn in these assignments.

2. Self-Assessment and Personal Reflection work sheets: Due October 12; 0% of final grade

To be turned in on class page on classes.tyndale.ca.

3. First Demonstration of Skills Tape, Transcript and Paper: Due Nov. 9; 35% of final grade.

The transcript and paper and the link to the recording should be turned in on the class page on classes.tyndale.ca.

At a midpoint in the semester, the student will record a 10 to 12 minute interview using a fellow student as “client”, and provide a recording and a verbatim transcript of this interview. The student will also write a 3 to 4 page paper evaluating the interview and identifying areas for improvement. This assignment is meant to provide feedback at mid-semester to the student regarding skill mastery in this class. Grade will be based on the following:

- Clarity, smoothness, and professionalism of language which includes effective transitions and explanations
- Appropriate use of micro-skills in the interview process
- Sense of direction resulting in the setting of appropriate goals
- Appropriate expression of empathy, positive regard, and warmth which includes absence of obvious bias, judgments and leading questions

4. Final Demonstration of Skills Tape, Transcript, Rewritten Transcript, and Self-reflection Paper: Due Dec. 14; 55% of final grade.

The two transcripts, paper, and link to recording should be submitted on the class page on classes.tyndale.ca.

The student will be expected to record a 12-minute interview with a “client” (a fellow classmate in role-play), produce a recording and verbatim written transcript of the interview, analyze the interview for effective use of various skills, and rewrite the interview, replacing poor usage of the skills with appropriate usage. The student is then to write a 2 to 3 page reflection paper on the development and progress made this semester on use of counselling skills. Scoring of transcripts will be related to the student’s ability over 4 areas:

- Clarity, smoothness, and professionalism of language which includes effective transitions and explanations
- Appropriate use of micro-skills in the interview process
- Sense of direction resulting in the setting of appropriate goals
- Appropriate expression of empathy, positive regard, and warmth which includes absence of obvious bias, judgments and leading questions

5. Small Group Work: 10% of final grade

[Small group participation will be done via zoom with invitations coming biweekly from the TA’s]

Small group role plays with students working as therapist and client are evaluated weekly. Each student is expected to practice the roles of counsellor and client in the small group practice sessions weekly or as often as possible to ensure skill acquisition and development. The student is responsible for reviewing the recording at home. Care must be taken of any sensitive materials on these tapes. Each week the student will also observe other students practicing skills and will give feedback. This feedback may be added to other self-awareness information accumulated by each student throughout the year and can be used to prepare the final Reflection paper. TA’s supervising these small groups will record a weekly rating (1-10) for each student that will be averaged at the end of the semester to give each student points for the quality of their small group work.

F. EQUITY OF ACCESS

Students with permanent or temporary disabilities who need academic accommodations must [contact](#) the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to [register](#) and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at

the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

G. SUMMARY OF ASSIGNMENTS AND GRADING

Evaluation is based upon the completion of the following assignments:

First Demonstration of skills, tape, transcript	35%
Final Demonstration of skills tape, transcript, etc.	55%
Weekly Small Group Work	10%
Total	100%

H. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

1. **The reflection papers** should demonstrate the student’s ability to process his/her internal responses personally and professionally. The ability to reflect upon and process feelings and thoughts is an important skill in counselling work.
2. **Title page and documentation:** The title page should include the name of the course, name of the instructor, title of the paper/assignment, student’s name, and the date due. Students are expected to honestly reflect use of materials other than their own. Tyndale does not tolerate plagiarism in any form. Any sources used in the paper should be properly documented using the format provided by the *Publication Manual of the American Psychological Association, 7th ed. (2019)*. Use a 12 point font (“Times New Roman” or “Courier” is preferred). The [APA Style Guide](#) is a helpful web site for all questions regarding APA style.
3. **Papers** must be typed, double spaced, and written using inclusive language. Students are required to retain a copy of all assignments in hard copy or electronic form. Graduate level spelling, grammar and style are expected, and grades will be lowered if written expression is poor.
4. Tyndale Seminary’s **policy on late assignments** will be followed. For each week late, the grade will be reduced by 1 letter grade. Extensions will be considered if the circumstances are extreme. No final assignments or examinations will be accepted later than 5:00 PM on December 16.

Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the

instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Students are encouraged to consult [Writing Services](#). Citation and other [tip sheets](#).

Students should also consult the current [Academic Calendar](#) for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System.

Research Ethics

All course-based assignments involving human participants requires ethical review and may require approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Dean's Office (aa@tyndale.ca) before proceeding.

I. COURSE EVALUATION

Tyndale Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that Tyndale Seminary works towards maintaining and improving the quality of courses and the student's learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students will receive a MyTyndale email with a link to the online course evaluation. The link can also be found in the left column on the course page. The evaluation period is 2 weeks; after the evaluation period has ended, it cannot be reopened.

Course Evaluation results will not be disclosed to the instructor before final grades in the course have been submitted and processed. Student names will be kept confidential and the instructor will only see the aggregated results of the class.

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

SESSIONS	ASSIGNMENTS
Session 1 September 14 Introduction to course Self-Assessment/Self Reflection work sheets Instruments (MBTI and Kolb)	Read: Ivey Chapters 1 & 2

Intentional Interviewing and counselling Use of self in counselling	Giving feedback to self and others (class page) Eight Reasons to celebrate mistakes (class Page)
Session 2 September 21 Review Kolb Instrument Record 10 minute interview Attending behaviour	Recording device Read: Ivey, Chapter 3 Look over: MBTI document (on class page) Practice Exercises: p 77-78 3.1 and 3.2 Due: Counselling Skills Lab Assessment Record (record of MBTI and Kolb results)
Session 3 September 28 MBTI Encouragers, Paraphrasing, Summarizing	Read: Ivey, Chapter 6 Practice exercises, p149-150: 6.1 & 6.2 Review MBTI (class page)
Session 4 October 5 Questions Transitions	Read Ivey, Chapter 5 Practice exercises, p126-127: 5.1 – 5.3
Session 5 October 12 The Interview process Observation skills Goal setting	Read: Ivey Chapter 4 Practice Exercises p.102 – 103, 4.2 & 4.3 Due: Self-Assessment and Self Reflection Notebook
Session 6 October 19 Emotions Reflection of feelings DCT Depression/Suicidal ideation	Read: Ivey Chapter 7 Download <i>Feelings</i> worksheet on class page Practice exercises p173, 7.1 – 7.3 Due: DCT taken and scored
Reading Week October 26	

<p>Session 7 November 2</p> <p>Integrating listening skills Record for first Transcript</p>	<p>Read: Ivey, Chapter 8 Download and peruse: Instructions for Apple Users, YouTube Instructions, Instructions for 1st Transcript, and Partners for 1st graded transcript.</p>
<p>Session 8 November 9</p> <p>Goal Setting Empathy</p>	<p>Reread: Ivey, Chapter 3, pp 66-77 Practice exercises: pp 81-82 (all) Due: First Transcript and Paper</p>
<p>Session 9 November 16</p> <p>Confrontation</p>	<p>Read: Ivey Chapter 10 Practice exercises pp 248-250, 10.1 – 10.4.</p>
<p>Session 10 November 23</p> <p>Reflection of meaning</p>	<p>Read: Ivey, Chapter 11 Practice exercises pp 276-277: 11.1 – 11.3</p>
<p>Session 11 November 30</p> <p>Focusing the interview</p>	<p>Read: Ivey Chapter 9 Practice exercises p 223, 9.1</p>
<p>Session 12 December 7</p> <p>Record for Final</p>	<p>Download and peruse Instructions for final paper and partners for final exam</p>
<p>Finals Week December 14</p>	<p>Final transcript, rewrite and paper due</p>

V. SELECTED BIBLIOGRAPHY

([Tyndale Library](#) supports this course with [e-journals](#), [e-books](#), and the [mail delivery of books](#) and circulating materials. See the [Library FAQ page](#).)