

Course Title	PSY309 Counseling	Instructor(s)	Aya Kasai PhD, MFT, CPP
		E-mail	akasai@miu.ac.jp
Class Style	Lecture & Active Learning	Office Hours	Tuesday & Wednesday 14:30 - 16:00
Track	Liberal Arts	Mode of Instruction	Teacher certificate related course (required)
Credits	2	Allocated Year	3rd and 4th year
Active Learning	4-(1) Interactive Lecture 2-(3) Presentation 4-(9) Group Work on Questions 3-(4) Close reading	Compulsory or Elective	Elective
Course Overview	<p>This course provides an introductory overview of the main theories of counseling and introduces basic techniques and skills used in counseling.</p> <p>This course is designed for students to explore what it means to be with another person's experiences and to be of help. After learning ethics and basic skills of active listening and self-reflective practices, students will be supported to conduct experiential learning activities.</p>		
Course Objectives	<p>Through this course, students will:</p> <ul style="list-style-type: none"> • develop fundamental counseling knowledge and skills such as attending and listening, open questions and probes, reflection of contents (restatement), reflection of feelings, and summarization. • have a basic understanding of competency areas in counseling ethics such as privacy and confidentiality, boundary of competence, and making referral. • apply these basic knowledge of counseling and ethics to several case -vignettes. • engage with meaningful experiential growth in peer to peer discussion and self-reflection and cultivate one's sense of resilience, positive leadership, empathy and compassion towards self and others. 		
Prerequisite	None		
	2	Advice vs. Non-advice	Reading/writing/other activity
	3	Suicide prevention	Reading/writing/other activity
	4	Reflective listening skills	Reading/writing/other activity
	5	Self-awareness: cultural competence	Reading/writing/other activity
	6	Ethics	Reading/writing/other activity
	7	Basic counseling skill	Reading/writing/other activity
	8	Exploration stage	Reading/writing/other activity
	9	Insight stage	Reading/writing/other activity
	10	Action stage	Reading/writing/other activity
	11	Interview research using reflecting listening skills	Reading/writing/other activity
	12	Therapeutic approaches	Reading/writing/other activity
	13	Therapeutic approaches	Reading/writing/other activity
	14	Therapeutic approaches	Reading/writing/other activity
	15	Presentation and Integration	Reading/writing/other activity
			Final Exam
Grading	<p>Reading, writing, other activities: 70%, Exam/project: 30%</p> <p>The final grade will be determined as below. A: 90-100 points, B: 80-89 points, C: 70-79 points, D: 60-69 points, F: Less than 60 points</p>		

	<p>Plagiarism: Plagiarism is not acceptable at MIU. Students must submit their own work and not copy from other sources, unless they credit their sources with appropriate referencing. Students caught copying information from other sources and pretending that it is their own work will automatically result in a grade of 'F' or withdrawal from the course.</p>
Textbooks	Handouts will be provided in class.
References	None
NOTES	<p>STUDENT RESPONSIBILITIES:</p> <ul style="list-style-type: none"> • If you do not attend a class during add/drop week for unexcused reasons, your place may be given to a waitlisted student. • You are expected to inform the instructor in advance if you must miss a class. If you miss a class, you are expected to obtain missing materials and catch up by talking to other students and the instructor as soon as possible. • Excused absence from class (in case of illness or family emergency) requires a written notice from a doctor or other appropriate individuals within 7 days. All other absence from class will be considered "unexcused". • If you are not in the classroom when the instructor takes attendance, you will be marked as late. 3 late attendances = 1 absence. 30min late = 1 absence. More than 3 unexcused absences will result in a grade of F (Fail). • Assignments completion: It is your responsibility to attend all classes, to participate actively as a member of the class, and to complete and hand in all assigned work as required to pass this course. <p>LEARNING ENVIRONMENT:</p> <ul style="list-style-type: none"> • I will make efforts to address the different learning styles of students in the class. There will be a combination of whole-class activities, individually based activities, small group work, and lecture. • Students and instructors will work together to create safe learning environment for everyone. Harassment or bullying will not be tolerated. <p>REASONABLE ACCOMMODATIONS:</p> <ul style="list-style-type: none"> • It is our goal that all students have an effective learning environment. Please let me know all necessary accommodations needed to make the class fully accessible. <p>The instructor reserves the right to make changes to this syllabus at any time.</p>