



**AUDREY COHEN SCHOOL FOR
HUMAN SERVICES AND EDUCATION**
**<SEM 352 PUR/Constructive Action, Promoting Empowerment
Through Counseling SEMESTER, 6 CREDITS>**

COURSE INFORMATION

Instructor:
Phone:
Email:
Office:
Office Hours:

COURSE DESCRIPTION: Purpose Seminar is the glue with which all the other parts are held together. The parts are Purpose, Constructive Action and Field Work. Although none of these parts could exist without the other, each is at the same time its own distinct entity with its own content and grading policy.

Specifically, in Purpose 5 Seminar—the Counseling Seminar—we learn what it is to be a counselor. Here is where the dimensions become vital. One cannot function as a counselor without a growing understanding of the different models of counseling that are available (Self & Others 5); one also needs to know how to practice as an ethical professional (Values 5), how to use counseling skills, (Skills 5) and how the various counseling systems operate in order to guide one's client through them. (System 5) And perhaps most importantly one needs to know the intention behind counseling a particular citizen. (Purpose 5) Purpose 5 Seminar brings all of these dimensions together.

In this seminar students perform a constructive action within an agency setting. Besides becoming an intricate part of the agency's work students counsel at least one citizen individually throughout the semester. During the Purpose 5 Seminar students discuss their work in the field in preparation for their constructive action and for writing the document.

The various activities that might be engaged in during Purpose 5 Seminar are learning to complete a biopsychosocial, writing a literature review, developing a plan of action for working with the citizen, documenting sessions through logs and/or process recordings and evaluating the overall success of the constructive action.

LEARNING OBJECTIVES:

1. Students will understand the connections between purpose, fieldwork and constructive action as they relate to counseling.

2. Students will understand the connections among all the counseling dimensions and how they work together to help individual citizens make the changes they want to make.
3. Students will understand the various definitions of counseling and choose one or two, which most appropriately suits their style.
4. Students will articulate how their own values and other aspects of their personality may inform the counseling process.

REQUIRED TEXTS: There is no required text for this course, but there may be handouts and/or web assignments

ADDITIONAL MATERIALS:

Recommended text: Beebe, L (Ed) (1993). *Professional Writing for the Human Services*. Washington, D.C. NASW Press.

Course resource: www.turnitin.com

USE OF MOODLE:

A Moodle course web site (<http://moodle.mcny.edu>) has been developed for this course, which may include: course assignments, additional web links, multimedia resources, and links to the discussion forum. Additional web resources may be added to the page throughout the semester. A copy of this syllabus is also available at the Moodle course site.

ASSESSMENT

SEM 352 PUR/Seminar: 2 Credits

Grades will be computed based on any combination of the following:

ASSIGNMENTS	POINTS OR % OF GRADE
Examinations	<Place assignment information here>
Written Assignments or Papers	<Place assignment information here>
Projects	<Place assignment information here>
Activities	<Place assignment information here>
Participation	<Place assignment information here>
Attendance	<Place assignment information here>
Add Any Other Grading Components here	<Place assignment information here>

Individual faculty will include details of their assignments including descriptions, number and types. The faculty will note on individual course section syllabi the #of points or percentage of the course grade for each assignment.

CON 352 CON/Thesis: 2 Credits

Grades will be computed based on any combination of the following:

ASSIGNMENTS	POINTS OR % OF GRADE
Examinations	<Place assignment information here>
Written Assignments or Papers	<Place assignment information here>
Projects	<Place assignment information here>
Activities	<Place assignment information here>
Participation	<Place assignment information here>
Attendance	<Place assignment information here>
<i>Add Any Other Grading Components here</i>	<Place assignment information here>

FLD 35d2 FLD/Field Experience: 2 Credits

Grades will be computed based on any combination of the following:

ASSIGNMENTS	POINTS OR % OF GRADE
Examinations	<Place assignment information here>
Written Assignments or Papers	<Place assignment information here>
Projects	<Place assignment information here>
Activities	<Place assignment information here>
Participation	<Place assignment information here>
Attendance	<Place assignment information here>
<i>Add Any Other Grading Components here</i>	<Place assignment information here>

THE CONSTRUCTIVE ACTION PROCESS (Counseling)

I. Exploring Opportunities to Improve the World

Weeks 1-4:

TASK 1: ESSAY ON COUNSELING

Statement of Purpose Theme

- A) Consult the Purpose Performance Area in the handbook and write a brief essay of at least 5 paragraphs in which you explore and demonstrate your understanding of Purpose-Centered Education and Counseling. As you write, apply the five dimensions (Purpose, Values & Ethics, Self & Others, Systems, and Skills) to demonstrate what you think the role of the counselor is in the field of Human Services.
- B) Examine and research carefully what counseling means by citing from at least three different sources besides the handbook. Be sure to cite your sources.

TASK 2: AGENCY DESCRIPTION AND ANALYSIS

Directions:

Describe and analyze the agency in terms of the following:

1. History
2. Mandate for service (Mission Statement)
3. Population served, and eligibility criteria
4. Service Systems, internal as well as external.
5. Service methods
6. Student practitioner's involvement with the Agency
7. How Agency integrates counseling into its programs
8. Organizational Chart

TASK 3: BIOPSYCHOSOCIAL

Directions

Analyze your citizen's biopsychosocial either on file with the agency, with your supervisor or complete your own biopsychosocial under the guidance of your professor and supervisor. Information to include in your biopsychosocial:

Citizen's Name. Use a pseudonym. Also use pseudonyms when discussing members of the citizen's family. Tell your reader that you are using a pseudonym and why.

Citizen's Age

Description of height/build

ex: tall, petite, average height and weight

Grooming

Any special observable characteristics

If there are none leave this category out. DO NOT say: "There are no special observable characteristics."

Marital status/children

Educational status

Employment status/history

Significant past family history/ History of sexual, physical abuse/Current relationship with family members

History of medical, psychiatric problems

Strengths/weaknesses (especially as they apply to participating in a counseling relationship)

II. Choosing the Best Goal

Weeks 5-7

TASK 4: CITIZEN IDENTIFICATION AND NEEDS ANALYSIS

Directions:

- 1) Identify a citizen who will directly benefit from the Constructive Action.
- 2) Describe and analyze this citizen's needs to justify why your service is needed.

Note: The citizen's needs must represent how *they* see their own needs as well as how others, such as yourself and your supervisor see them.

- 3) Research how these needs arose, what has been done in the past or present to meet them, and the outcome of that effort.
- 4) Also research what theorists/thinkers, and experts recommend for meeting such needs or solving such problems.
- 5) Negotiate with your supervisor to allow you to work to meet the needs of your citizen.

TASK 5: LITERATURE REVIEW

Write an essay, which discusses the characteristics of the type of people who have had a need similar to your citizen (e.g. victims of domestic violence, female substance abusers). Go on to explore methods that have been used in the past to resolve this need. Be sure to give full credit to your sources by using APA citations.

III. Agreeing on a Plan

TASK 6: THE PLAN OF ACTION

Directions:

GOAL(S)

Set a goal for the Constructive Action, in a way that would be empowering to a citizen.

Note: Work with Citizen, co-workers and/or supervisor to agree on the goal.

OBJECTIVES

Set objectives that will lead to the attainment of goal.

Note: Objectives are small step on the way to achieving the goal; they are statements that should be made in performance terms and must be:

- Specific
- Measurable
- Achievable
- Timely

- Specify a time frame for completion

STRATEGIES

Describe the strategies that you will use to achieve the objectives. These should come from the research you have done so far. Be sure to cite your sources.

Note: Every objective must have at least one strategy. Some objectives may need more than one strategy. A strategy is what you must *do* in order to achieve an objective.

RATIONALE

The rationale is the justification of your strategies. Using the research from your literature review, justify why you have selected each of the particular strategies you have chosen to reach your objectives. Give evidence that the strategies you have selected have been used successfully in the past or in similar cases.

EVALUATION PLAN

Identify who will take part in the evaluation of your performance and of the outcome of the Constructive Action.

Note: Evaluators should include the student-practitioner, supervisor, and the citizen or their surrogates.

ANTICIPATED OBSTACLES

Directions:

Describe what may hinder the achievement of your goals, and how you plan to work around them.

EMPOWERMENT/IMPACT POTENTIAL OF THE CONSTRUCTIVE ACTION

Describe how your Constructive Action will benefit and empower the following:

- 1) Citizen
- 2) Agency

3) Society

Carrying out the Plan**Weeks 8-13****TASK 6: IMPLEMENTATION**

The process of carrying out your constructive action must be documented by means of logs, and/or process recordings of your experiences. These should:

1. Document the implementation of your strategies.
2. Describe any related events or interactions that you participate in that relate to the constructive action.
3. Identify value issues that arise as you implement your plan of action; and describe how you address them through ethical reasoning and action.
4. Make reference to all reading materials and/or discussions that you have that are related to the purpose that you are working to achieve, making theoretical connections where appropriate.

In the REFLECTION section of the logs, you explore why the session went the way it did, what use of theories was called for, what strategies and skills you used, the feelings you had as you counseled your client, what you might have done differently, what countertransference issues emerged, evaluate the results of the session. Did your strategy work? If so, why? If not, why not?

IV.**V. Assessing the Results and Planning the Next Steps****Weeks 12-14****TASK 7: EVALUATION**

Evaluate the results achieved. Plan the next steps.

A. Assessing the Plan of Action

1. Restate what you set out to achieve through your Plan of Action. Also

restate the problem and the goals(s), objectives, and strategies that you used.

2. Did you choose an appropriate goal for your Constructive Action? Was your goal realistic? Was it well focused? Significant? Was it too ambitious or not ambitious enough?
3. Identify changes, if any, you made in the Plan of Action and explain why they were necessary.
4. Report results for each objective.
5. Describe the problems you experienced and explain how they affected the outcome and why you could not anticipate them.
6. Use your **evaluation plan** to assess the degree to which you attained your goal.

B. Assessing the constructive action through the dimensions

Write an essay of 4-5 paragraphs in which you assess how the five dimensions helped you to complete this constructive action. Be specific in terms of the content taught within each dimension (For instance, don't say something vague like "There were no value conflicts while counseling this citizen; rather, say something specific to Values 5 such as "During the first session of counseling my citizen I discussed the limitations of confidentiality.")

TASK 8: PLANNING THE NEXT STEPS

Planning the Next Steps. Plan how to use the knowledge gained during the Constructive Action in your future work as a human service professional. Propose next steps for your community and its members.

1. If you were to repeat this Constructive Action, what would you do differently? Explain why.
2. How will you apply the knowledge gained about counseling during your Constructive Action to your future work as a human service worker?