



MIDWESTERN STATE UNIVERSITY

**Midwestern State University
Gordon T. & Ellen West College of Education**

Course Title: Counseling Children for Mental Health
Course Number: COUN 5513
Semester Credits: 3

Instructor: Krystal Humphreys, PhD, LPC-S

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Classroom/Class Times: Online

Office Hours: I am available to meet online through phone or Zoom by appointment.

Semester: Summer II 2022; 5 weeks

Telephone: 940-397-4983

Required Texts:

Landreth, G. (2012). The art of the relationship. (3rd ed.) New York: Routledge.

Straus, B. (1999). No talk therapy for children and adolescents. New York, NY. Norton & Company.

Helpful Websites:

www.a4pt.org Association for Play Therapy

www.centerforplaytherapy.com Center for Play Therapy

In this syllabus, you will find:

- Content areas
- Knowledge and skills outcomes
- Methods of instruction
- Required text or reading
- Student performance evaluation criteria and procedures
- A disability accommodation policy and procedure statement

Instructor Response Policy:

During the week (Monday – Friday), I will respond within 24 hours. During holidays and weekends, I will respond within 48 hours. Please do not hesitate to contact me.

The MSU Clinical Mental Health and School Counseling programs require at least a B average. C's are unacceptable, and more than 2 C's will put you in danger of

being removed from the program. Please consult the Student Handbook for more information.

COVID-19: Scientific data shows that being fully vaccinated is the most effective way to prevent and slow the spread of COVID-19 and has the greatest probability of avoiding serious illness if infected in all age groups. Although MSU Texas is not mandating vaccinations in compliance with Governor Abbott’s executive orders, we highly encourage eligible members of our community to get a vaccination. If you have questions or concerns about the vaccine, please contact your primary care physician or health care professional. Given the recent rise in cases, individuals are also strongly encouraged to wear facial coverings when indoors among groups of people, regardless of vaccination status. Although MSU Texas is not currently requiring facial coverings, they have been an effective strategy in slowing the spread.

I. COURSE DESCRIPTION

This course is designed to explore counseling from the perspective of a child. Emphasis is given to various theoretical approaches to children’s counseling and will include special populations. You will learn about play therapy and other creative approaches to working with children.

II. LEARNING OUTCOMES

- Define play therapy
- Learn play therapy and other creative approaches to working with adolescents and children
- Learn to encourage expression through the utilization of play, sand tray, puppets, expressive arts, games, and activities
- Recognize the developmental stage of the child client, i.e., physical, emotional, and social
- Describe the history and development of play therapy
- Identify the primary categories of toys in a play therapy room
- Name and describe basic play therapy skills
- Verbalize the unique aspects of the therapist-child relationship within the play therapy environment
- Reflect on multicultural considerations within play therapy relationships (with caregivers and with children) as well as within the play therapy environment
- Examine and report on research that is relevant to the efficacy of play therapy
- Understand numerous ways of counseling adolescents through a “No-Talk Therapy Approach”
- Engage in and utilize creative approaches with adolescents

CACREP Standards Addressed:

- Section 2: 3.a. theories of individual and family development across the lifespan
Addressed by lectures, weekly assignments, online class discussions, paper
- Section 2: 3.i. ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan
Addressed by lectures, weekly assignments, online class discussions, counseling video, paper
- Section 2: 5.a. theories and models of counseling
Addressed by lectures, weekly assignments, online class discussions, paper, counseling video assignment
- Section 5C: 2.j. cultural factors relevant to clinical mental health counseling
Addressed by lectures, weekly assignments, online class discussions, paper
- Section 5C: 2.l. legal and ethical considerations specific to clinical mental health counseling
Addressed by lectures, weekly assignments, online class discussions
- Section 5C: 3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues
Addressed by lectures, weekly assignments, online class discussions, counseling video, paper

III. COURSE EXPECTATIONS

The Clinical Mental Health Counseling Program, its faculty, and its students adhere to the University Code of Conduct, State of Texas licensure laws and regulations, and the American Counseling Association's Code of Ethics (2014). The program has a professional responsibility to ensure that all students display ethical, professional, and personal behaviors that comply with these guidelines. Students are strongly encouraged to review, understand, and consult the [American Counseling Association website](#) for details related to these guidelines.

Department of Counseling students are expected to demonstrate appropriate classroom behavior, consistent with their counselor-in-training roles. Counselors-in-training are expected to convey attentiveness and respect in all professional and classroom settings.

Online Etiquette: It is expected that students use formal, professional language when corresponding online. It is expected that you use complete sentences, address one another with respect, follow the American Counseling Association Code of Ethics (2014), and treat all members of the class with respect.

Diversity: It is my intent to present material and activities that are respectful of diversity. It is also my intent that students from all perspectives and diverse backgrounds be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. Your suggestions about how to improve the value of diversity in this course are encouraged and appreciated.

Confidentiality: Upholding confidentiality is a major responsibility of the student. Anything discussed during supervision, online in this class, or shared by individual students about themselves is considered confidential. Please do not share any information shared to you by other students.

Academic Dishonesty: Students at Midwestern State University are an essential part of the academic community and enjoy substantial freedom within the framework of the educational objectives of the institution. The freedom necessary for learning in a community so rich in diversity and achieving success toward our educational objectives requires high standards of academic integrity. Academic dishonesty has no place in an institution of advanced learning. It is each student's responsibility to know what constitutes academic dishonesty and to seek clarification directly from the instructor if necessary. Examples of academic dishonesty include, but are not limited to:

- Submission of an assignment as the student's original work that is entirely or partly the work of another person.
- Failure to appropriately cite references from published or unpublished works or print/non-print materials, including work found on the World Wide Web.
- Observing or assisting another student's work.
- Multiple Submission - Submitting a substantial portion or the entire same work (including oral presentations) for credit in different classes without permission or knowledge of the instructor.

Statement of Disability: Disability Support Services (DSS) provides services to students with disabilities to insure accessibility to university programs. DSS offers information about accommodations and disability, evaluation referral, adaptive technology training and equipment, and interpreter services for academically related purposes.

If you suspect you have a disability that is impacting your academic performance or have been previously documented as a person with a disability, you will need to apply and provide documentation of that disability to the Disability Support Services. This documentation must be supplied by a qualified professional who is licensed or certified to diagnose the disability in question.

The Disability Support Services office is in Room 168 of the Clark Student Center. If you need assistance, you can also contact them at (940) 397-4140.

Attendance: You will be required to post at least three academic paragraphs in each week's discussion board. An academic paragraph needs to include at least five sentences. You are also required to reply to at least one other student's discussion board post. This is seen as your weekly attendance in class. Failing to post, reply, or both each week results in loss of points and would be the same as if you did not attend class that week.

Late Work: All papers and assignments must be turned in the day they are due. **No exceptions.** If you have an emergency, please let me know in advance. Any late papers

will be lowered **10%**. Please observe that your assignments are worth a considerable number of points and skipping even one assignment will significantly lower your grade. Please begin planning your semester schedule accordingly.

Course Requirements

- Internet connection and D2L access are mandatory.
- Students are required to complete weekly readings.
- Students are required to enter and experience the world of the child client through active participation in all assignments and class discussions.
- Each student will turn in one video counseling session (20 minutes in length) demonstrating counseling with a child or adolescent.
- Along with the video, the student will complete a paper describing the session, the modalities utilized, and a completed skills self-assessment.
- A final paper is required in the class.
- Weekly assignments will be required in addition to the reading.

Grading Criteria:

Weekly Discussion Board Posts	5 points
Weekly Chapter Review Questions	35 points
Video and Paper	40 points (20 for video/20 for paper)
Final Paper	20 points
Total Points	100 points

100 – 90 points = A

89 – 80 points = B

79 – 70 points = C (C's are unacceptable in the program; after 2 C's, you will be placed on academic probation)

69 – 60 points = D (D's are unacceptable in the program)

59 – below = F (F's are unacceptable in the program)

IV. ASSIGNMENTS

Weekly Discussion Board Posts (5 Points): Once a week, you are required to complete an online discussion board post using three academic paragraphs (including at least five sentences in each paragraph). You will be required to comment on one classmate's post as well. The discussion board posts are due Sunday by 11:59 pm each week (except the last week is Thursday).

Weekly Chapter Review Questions (35 Points): There will be questions that accompany the reading that you will be required to answer each week, called chapter review questions. The chapter review questions are due Sunday by 11:59 pm each week (except the last week is Thursday).

Child Counseling Video and Analysis Paper (40 Points): (see rubric in appendix)

You are required to create a 20-minute video counseling session of yourself with a child or adolescent demonstrating what you have learned in this class about developmentally appropriate counseling approaches with children. You are required to use a game or activity in your video. You must demonstrate basic counseling skills using either Child-Centered Play Therapy or an experiential “No Talk Approach” to counseling based on what you have learned in this class. You are expected to apply a theory and demonstrate evidence-based approaches to working with children. In your video and analysis of your video, you should show the following: theory, developmentally appropriate counseling skills, specific child-centered or experiential approach in the video, positive regard and therapeutic relationship, and culturally sensitive approach to working with children. For the video, you are required to find a child or adolescent who is willing to be recorded for a mock counseling session. You must obtain parent consent in writing and review informed consent with the child/adolescent at the beginning of the video session. You are required to obtain materials for use with your child/adolescent. Art supplies, sand tray, toys, and other materials are required in your work with children. Your paper will analyze your use of skills and provide rationale for the interventions you utilized in your counseling video. Make sure you address: 1.) the client’s developmental level and why the activity is appropriate, 2.) the client’s personal/social growth and social skills, 3.) the needs, concerns, and challenges affecting the client, 4.) the client’s current support system and who could provide more support in the school and community, and 5.) the client’s strengths and needs, including interventions to address the needs, future counseling approaches, and future interventions’ effectiveness (SEE THE RUBRIC). Your paper should follow the template and be in APA 7 format.

Final Paper (20 Points): You are required to write a paper about one of the approaches to counseling with children that you have learned about in this class. You can choose: Child-Centered (or another theory, i.e., Adlerian, CBT), Play Therapy, Art Therapy, Experiential, or creative approaches to working with children based on “No Talk Therapy for Children and Adolescents.” If you choose art therapy, you still need to frame the paper within your chosen theory such as CBT, humanistic, etc. Whichever approach you choose, you are required to write about the: 1) history and creators of the approach, 2) theory of personality or beliefs about human nature; 3) structure of therapy, goals, approach, and methods of conducting the therapy; 4) techniques; 5) research and evidence that supports the approach (citations required); 6) populations with which you would like to use the approach; 7) why the approach appeals to you and how you will apply the approach. Your paper should follow the template and be in APA 7 format. You must cite at least **five sources** (other than your books).

	Reading & Assignments	Class Theme
Week 1 July 5-10	Read Straus: Chapters 1-5 Discussion Board Post & Chapter Review Questions Due: Sunday by 11:59 pm	A No-Talk Kid Why Talk Does Not Work Praise & Support The Therapist’s Job
Week 2	Read Straus: Chapters 6-10	Fun, Food, & Flexibility

July 11-17	Discussion Board Post & Chapter Review Questions Due: Sunday by 11:59 pm	Diagnosis & Assessment Therapy Termination Burn-Out & Games
Week 3 July 18-24	Read Landreth: Chapters 1-5 Discussion Board Post, Chapter Review Questions, & Video/Paper Due: Sunday by 11:59 pm	Relationships & Play History & Development of Play Therapy Child-Centered Play Therapy Video & Paper Due: July 24
Week 4 July 25-31	Read Landreth: Chapters 6-11 Discussion Board Post & Chapter Review Questions Due: Sunday by 11:59 pm	The Play Therapist Parents, Playroom, Materials The Child's Time Facilitative Responses Setting Limits
Week 5 August 1-4	Read Landreth: Chapters 12-17 Discussion Board Post, Chapter Review Questions, & Final Paper Due: Thursday by 11:59 pm	Play Therapy Problems & Issues Cases Termination Short-term Research Final Paper Due: August 4

V. DEPARTMENT OF COUNSELING STATEMENT OF EXPECTATIONS

The counselor education program is charged with the dual task of nurturing the development of counselors-in-training and ensuring quality client care. In order to fulfill these dual responsibilities, faculty must evaluate students based on their academic, professional, and personal qualities. A student's progress in the program may be interrupted for failure to comply with academic standards or if a student's interpersonal or emotional status interferes with training-related requirements. For example, in order to ensure proper training and client care, a counselor-in-training must abide by relevant ethical codes and demonstrate professional knowledge, technical and interpersonal skills, professional attitudes, and professional character. These factors are evaluated based on one's academic performance and one's ability to convey warmth, genuineness, respect, and empathy in interactions with clients, classmates, staff, and faculty. Students should demonstrate the ability to accept and integrate feedback, be aware of their impact on others, accept personal responsibility, and be able to express feelings effectively and appropriately. For further clarification on student review and retention please refer to the handbook.

Classroom Behaviors: Department of Counseling students are expected to demonstrate appropriate classroom behavior, consistent with their counselor-in-training roles.

Counselors-in-training are expected to convey attentiveness and respect in all professional and classroom settings. Specifically, these include:

- Avoiding tardiness and late arrival to class.
- Being attentive and participative in class and online.
- Not using cell phones and text messaging during class.
- Not surfing the web, emailing, tweeting, or using instant messaging (IM) during class.
- Minimizing eating and disruptive snacking during class.
- Avoiding personal conversations with students during class, which are disruptive to fellow students and the learning environment.

VI. STUDENT ETHICS AND OTHER POLICY INFORMATION

Ethics: For further information about Midwestern State University's policies regarding student ethics and conduct, please contact 940-397-4135 (Student Support Services).

Special Notice: Students whose names do not appear on the class list will not be permitted to participate (take exams or receive credit) without first showing proof of registration (Schedule of Classes and Statement of Account).

Campus Carry: Senate Bill 11 passed by the 84th Texas Legislature allows licensed handgun holders to carry concealed handguns on campus, effective August 1, 2016. Areas excluded from concealed carry are appropriately marked, in accordance with state law. For more information regarding campus carry, please refer to the University's webpage at: [Campus Carry](#). As this is an online class, this policy should not apply, but please familiarize yourself with this and other campus policies. **Please note, open carry of handguns, whether licensed or not, and the carrying of all other firearms, whether open or concealed, are prohibited on campus.**

Limited Right to Intellectual Property: By enrolling in this course, the student expressly grants MSU a "limited right" in all intellectual property created by the student for the purpose of this course. The "limited right" shall include but shall not be limited to the right to reproduce the student's work product in order to verify originality and authenticity, and for educational purposes.

Midwestern State University Mission Statement: MSU is a leading public liberal arts university committed to providing students with rigorous undergraduate and graduate education in the liberal arts and the professions. Through an emphasis upon teaching, augmented by the opportunity for students to engage in research and creative activities alongside faculty and to participate in co-curricular and service programs, Midwestern State prepares its graduates to embark upon their careers or pursue advanced study. The university's undergraduate education is based upon a comprehensive arts and sciences core curriculum. The understanding that students gain of themselves, others, and the social and natural world prepares them to contribute constructively to society through their work and through their private lives.

Midwestern State University Values:

- Excellence in teaching, learning, scholarship, and artistic production
- Intellectual curiosity and integrity
- Critical thinking
- Emotional and physical well-being
- Mutual respect, civility, and cooperation
- Social justice
- Civic service
- Stewardship of the environment, and of financial and human resources
- A safe, attractive, and well-designed campus

Midwestern State University Counseling Program Objectives:

1. Reflect current knowledge and projected needs concerning counseling practice in a multicultural and pluralistic society
2. Reflect input from all persons involved in the conduct of the program, including counselor education program faculty, current and former students, and personnel in cooperating agencies
3. Address student learning
4. Written so they can be evaluated

Please refer to your Clinical Mental Health student handbook, and or your practicum and internship manual located within the D2L shell for review.

Desire-to-Learn (D2L): Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Online Computer Requirements: Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. ***Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.*** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline!** There are many places to access your class! Our online classes can be accessed from any computer in the world that is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both

liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

Change of Schedule: A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the [Schedule of Classes](#) each semester.

Refund and Repayment Policy: A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. However, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exist in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Smoking/Tobacco Policy: College policy strictly prohibits the use of tobacco products in any building on campus. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy: To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state, and federal law for any offenses involving illicit drugs on university property or at university-sponsored activities.

Grade Appeal Process: Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

Notice: Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Tote bag Playroom

The following toys and materials are the minimal requirements for conducting a play therapy session and are recommended because they encourage a wide range of expressions and can be easily transported in a tote bag or stored out of the way in a closet or in a corner.

Aggressive hand puppet (alligator, wolf, or dragon)
Band-aids
Bendable doll family
Bendable Gumby (nondescript figure)
Blunt scissors
Costume jewelry
Cotton rope
Crayons (eight-count box)
Dart gun
Doll
Dollhouse (use box that holds reams of paper, box lid serves as dollhouse, draw lines on inside of lid to mark rooms, box doubles as storage container for toys)
Dollhouse furniture (at least bedroom, kitchen, and bathroom)
Handcuffs
Lone Ranger-type mask
Medical mask (white dust mask will suffice)
Nerf ball (a rubber ball bounces too much)
Newsprint
Nursing bottle (plastic)
Pipe cleaners
Playdough
Popsicle sticks
Rubber knife
Small airplane
Small car
Spoons (avoid forks because of sharp points)
Telephone (two)
Toy soldiers (20-count size is sufficient)
Transparent tape
Two play dishes and cups (plastic or tin)

If storage space is available, an inflatable vinyl bop bag (Bobo) would be a special asset. A dishpan-size plastic container with an inch of sand in the bottom also would be useful in a more permanent setting. Rice could be used in place of the sand if clean-up is a problem. A bucket with an inch or so of water would be helpful.

Above an excerpt from:

Landreth, G. (2012). *The art of the relationship*. (3rd ed.) New York: Routledge.

APPENDIX

COUN 5513 COUNSELING CHILDREN VIDEO RUBRIC

Criteria	Accomplished 2	Needs Improvement 1.5	Unacceptable 1	Total Points
1. Reviewed informed consent in a developmentally appropriate manner	Student accurately reviewed informed consent in a developmentally appropriate manner.	Student did not review informed consent in a developmentally appropriate manner.	Student did not review informed consent and did not do so in a developmentally appropriate manner.	
2. Incorporated a creative activity into the session	Student accurately incorporated a creative activity into the session.	Student incorporated an activity into the session, but it was not creative.	Student did not incorporate a creative activity into the session.	
3. Incorporated a developmentally appropriate activity into the session	Student accurately incorporated a developmentally appropriate activity into the session.	Student incorporated an activity into the session, but it was not developmentally appropriate.	Student did not incorporate an activity into the session, and it was not developmentally appropriate.	
4. Processed the activity with the	Student accurately	Student processed the	Student did not process the	

client in an in-depth manner	processed the activity with the client in an in-depth manner.	activity with the client.	activity with the client and did not do so in an in-depth manner.	
5. Was fully present with the client during the session	Student was fully present with the client during the session.	Student was fully present with the client most of the time during the session.	Student was not fully present with the client during the session.	
6. Utilized open body language with the client during the session	Student utilized open body language with the client during the session.	Student utilized open body language with the client most of the time during the session.	Student did not utilize open body language with the client during the session.	
7. Used silence with the client throughout the session	Student used silence with the client throughout the session.	Student used silence with the client at times during the session.	Student did not use silence with the client during the session.	
8. Used mainly open-ended	Student used mainly open-ended questions	Student used some open-ended questions	Student did not use open-ended	

questions during the session	during the session.	during the session.	questions during the session.	
9. Focused session solely on the client	Student was focused solely on the client during the session.	Student was focused solely on the client most of the time during the session.	Student did not focus solely on the client during the session.	
10. Led by the client during the session	Student allowed the client to lead the session.	Student allowed the client to lead the session most of the time.	Student did not allow the client to lead the session.	
Total Points				Out of 20

COUN 5513 COUNSELING CHILDREN PAPER RUBRIC

Criteria	Accomplished 4	Expected 3	Needs Improvement 2	Unacceptable 1	Total Points
1. Identified client's developmental level and explained why the activity is appropriate.	Student accurately identified client's developmental level, provided an appropriate activity, and explained why the activity is appropriate.	Student identified client's developmental level and provided an appropriate activity.	Student did not accurately identify the client's developmental level or did not provide an appropriate activity.	Student did not identify the client's developmental level and did not provide an appropriate activity.	
2. Addressed the client's personal/social growth and social skills.	Student accurately addressed the client's personal/social growth and social skills.	Student identified the client's personal growth and social skills.	Student did not address the client's personal/social growth or did not address social skills.	Student did not address the client's personal/social growth and did not address social skills.	
3. Addressed the needs, concerns, and challenges affecting the client.	Student accurately addressed the needs, concerns, and challenges	Student identified the needs, concerns, and challenges affecting the client.	Student did not address the needs and concerns or did not address the challenges	Student did not address the needs, concerns, and challenges affecting the client.	

	affecting the client.		affecting the client.		
4. Defined the client's current support system and identified who could provide more support in the school and community.	Student accurately defined the client's current support system and identified who could provide more support in the school and community.	Student identified the client's current support system and identified who could provide more support in the school and community.	Student did not define the client's current support system or did not identify who could provide more support in the school and community.	Student did not define the client's current support system and did not identify who could provide more support in the school and community.	
5. Identified the client's strengths and needs. Discussed interventions to address the needs. Identified future counseling approaches and involvement of others. Evaluate future interventions' effectiveness.	Student accurately identified the client's strengths and needs, discussed interventions to address the needs, identified future counseling approaches and involvement of others, and evaluated future	Student identified the client's strengths and needs, discussed interventions to address the needs, identified future counseling approaches and involvement of others, and	Student did not identify the client's strengths and needs, or did not discuss interventions to address the needs, or did not identify future counseling approaches and involvement of others or did not evaluate	Student did not identify the client's strengths and needs, did not discuss interventions to address the needs, did not identify future counseling approaches and involvement of others, and did not	

	interventions' effectiveness.	evaluated future interventions' effectiveness.	future interventions' effectiveness.	evaluate future interventions' effectiveness.	
Total Points					Out of 20