

DOANE COLLEGE

Brief/EAP Counseling

Instructor: Sue Outson, MA, CEAP

Course Description:

This course will provide students with a comprehensive overview of the Employee Assistance field. It is designed to be useful to students who are interested in pursuing the EAP field as an area of professional interest and/or an internship location. It is also designed to provide any counseling student with basic tools that they might need to acquire and maintain a professional practice. The course will provide students with a working knowledge of brief counseling and will also survey core components of the EAP field such as substance abuse, ethical concerns in workplace counseling, work/life training, community networking and critical incident stress debriefing.

Course Purpose:

This course is designed to familiarize the counseling student with the profession of Employee Assistance and, especially, brief counseling techniques. The core components of this field are directly applicable to almost any professional counseling setting.

Course Pre-requisites:

This course has no pre-requisites and 3 credit hours are awarded for successful completion of the course.

Course Readings:

The following readings are required:

"Brief Counseling in Action", by John M. Littrell

Other readings may be offered as optional throughout the course and students are encouraged suggest any readings they have come across that may be useful to them and the rest of the class.

Course Objectives:

Upon successful completion of this course, students will be able to:

- A. Identify the basic elements of brief counseling
- B. Demonstrate the basic skills related to brief counseling
- C. Provide an overview of the EAP field and describe the differences between local programs
- D. Organize and deliver a work/life presentation

- E. Identify major ethical issues in workplace counseling
- F. Describe the components of Critical Incident Stress Management
- G. Demonstrate a working knowledge of substance abuse issues and how they relate to workplace counseling
- H. Identify how the EAP core components might relate to individual professional career objectives

Course Methods of Instruction:

Instructor presentations, student presentations, guest presentations, reading, role-play, discussion and community interviews will be the primary techniques of learning.

Course Requirements and Evaluation:

Evaluation will be based on: 1) a brief counseling demonstration which will be completed during the final class sessions, 2) class participation, 3) a response paper based on a community interview and brief presentation about same, 4) a work/life presentation and 5) attendance and class participation. The weight of each of these requirements and details about each of these requirements will be discussed at the first class meeting. A preliminary schedule will also be provided during this initial class meeting.