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| <b>Course Code</b>      | Snie3082                      |
| <b>Course Title</b>     | Rehabilitation Counseling     |
| <b>Module Name</b>      | Counseling and Rehabilitation |
| <b>Module No</b>        | 08                            |
| <b>ECTS Credits(CP)</b> | 5                             |

### Course Description

Overview of the history, philosophy, and legal basis of rehabilitation programs, the roles of the rehabilitation counselor, and the process of rehabilitation. Also includes organizational structure of public and private rehabilitation systems, societal trends in rehabilitation, professional issues related to the role of the rehabilitation counselor, literature use, and professional organizations.

### Course Objectives

- Students will learn the history and philosophy of rehabilitation.
- Students will learn the legislation that affects individuals with disabilities.
- Students will learn the organizational structure of the vocational rehabilitation systems, including public, private-for-profit, and not-for-profit service settings.
- Students will learn laws and ethical standards affecting rehabilitation counseling practice.
- Students will learn societal trends and developments as they relate to rehabilitation.
- Students will learn how to obtain and apply information from the rehabilitation professional literature.
- Students will learn to communicate with other service providers and other agencies.
- Students will learn the functions and various audiences of the professional/academic journals in rehabilitation.
- Students will learn about the professional organizations in rehabilitation, including their functions and purposes.

| <b>Chapter</b> | <b>Topic</b> | <b>Sub-Topic</b> | <b>Method of Teaching</b> | <b>Readings and exercises</b> |
|----------------|--------------|------------------|---------------------------|-------------------------------|
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|---|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <b>Rehabilitation Counseling: Concepts and Paradigms</b> | 1.1. Definition of Rehabilitation Counseling<br>1.2. Rehabilitation Philosophy<br>1.3. Concepts of Person with Disabilities<br>1.4. Functional Limitations and the Rehabilitation Counselor<br>1.5. Paradigms of Rehabilitation Practice and Counseling <ul style="list-style-type: none"> <li>A. The Psycho medical Model</li> <li>B. The System Model</li> <li>C. The Ecological Model</li> </ul> 1.6. The Rehabilitation Concept<br>1.7. The Rehabilitation Process and Outcomes | Brain Storming Questions, and Lecture, buzz Group                                                                                 | Maki and Rigger, (1997).<br><b>Rehabilitation Counseling: Profession and Practice.</b> New York: Springer Publishing Company, Inc.                                                                                                                                               |
| 2 | <b>Paradigms of Practice: Theory and Philosophy</b>      | 2.1. Philosophical Questions<br>2.2. Futuristic Consideration                                                                                                                                                                                                                                                                                                                                                                                                                       | Brain Storming Questions, and Lecture                                                                                             | Maki and Rigger, (1997).<br><b>Rehabilitation Counseling: Profession and Practice.</b> New York: Springer Publishing Company, Inc.<br><br>Cormer, Sherry& Hackney, Harold (1990).<br><b>Counseling strategies &amp; Interventions.</b> 5 <sup>th</sup> ed. Boston: Allen &Bacon. |
| 3 | <b>Parameter of Practice: Policy and Law</b>             | 3.1. Implication of Disability Definitions<br>3.2. Parameter Influencing Rehabilitation Counseling<br>3.3. Profesionalism and Policy Evolution<br>3.4. Delivery System Objectives<br>3.5. Future of Rehabilitation Counseling Practice                                                                                                                                                                                                                                              | Lecture, Reading Assignment, Questions, Assignments, and case study presentations, Cooperative Learning, Comprehension Activities | Maki and Rigger, (1997).<br><b>Rehabilitation Counseling: Profession and Practice.</b> New York: Springer Publishing Company, Inc.                                                                                                                                               |

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| 4 | <b>Standard of Practice: Ethical and Legal</b>                   | 4.1. Components of Professional Standards<br>4.2. Ethics Governance<br>4.3. The Integrative Decision Making Model of Ethical Behaviour                                                                                                                                                                       | Lecture, Reading supplement materials, elaborative examples, Cross Over Groups             | Maki and Rigger, (1997). <b>Rehabilitation Counseling: Profession and Practice.</b> New York: Springer Publishing Company, Inc.                                                |
| 5 | <b>Consumer: Individual and Family</b>                           | 5.1. Roles within Rehabilitations<br>5.2. A Look at the Medical Model<br>5.3. The Family and the Medical Model<br>5.4. Methods to Enhance Consumer Participation                                                                                                                                             | Lecture, Reading assignment, Case formation and presentation                               | Maki and Rigger, (1997). <b>Rehabilitation Counseling: Profession and Practice.</b> New York: Springer Publishing Company, Inc.                                                |
| 6 | <b>Public and Private Rehabilitation Counseling Practice</b>     | 6.1. Public Sector Rehabilitation<br>6.2. Private Sector Rehabilitation<br>6.3. Stages in Rehabilitation Counseling: Summary                                                                                                                                                                                 | Group discussion, Reading Assignments, class presentation, cross over Groups.              | Maki and Rigger, (1997). <b>Rehabilitation Counseling: Profession and Practice.</b> New York: Springer Publishing Company, Inc.                                                |
| 7 | <b>Stress and Stress Reduction Techniques</b>                    | 12.1 The Link Between Life Stress And Psychopathology<br>12.2 Improving Relationships With Our Environment<br>12.3 Techniques For Managing Stress                                                                                                                                                            | Lecture, Class discussion, assignments, and brain storming questions                       | Thompson, R.A. (2003). <b>Counseling Techniques: Improving Relationships with Others, Ourselves, Our Families, and Our Environment.</b> New York: Taylor & Francis Group, LLC. |
| 8 | <b>Trauma, Loss, Grief, and Post-Traumatic Stress Debriefing</b> | 13.1 Counseling Strategies<br>13.2 Ten Ways To Recognize Post-Traumatic Stress Disorder<br>13.3 Therapeutic Approaches To Process Post-Traumatic Stress' Disorder<br>13.4 Loss, Crisis, And Grief: Special Considerations For Families<br>13.5 Taking Care Of The Caregivers: A Neglected Survival Technique | Lecture, Class discussion, assignments, and brain storming questions, mind map, and Visits | Thompson, R.A. (2003). <b>Counseling Techniques: Improving Relationships with Others, Ourselves, Our Families, and Our Environment.</b> New York: Taylor & Francis Group, LLC. |

## Methodology

The entire chapter involves the use of lecture, classroom presentation, and review of related materials, group work, and case study. Practical lab and peer counselling will be used. And Questions, which already written in each of the chapter will be addressed individually and in group as required. Reading assignment before each chapter will be mandatory.

### **Assessment Methods**

In addition to employing continuous assessment through group work, individual assignment and presentation, case study, and observation, oral questioning, etc. during lesson presentations, the following schemes of assessment will be used as needed to determine final grades.

#### **Tutorial component**

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|----------------------------|-----|
| Quiz one.....              | 10% |
| Quiz two.....              | 10% |
| Quiz three.....            | 10% |
| Individual assignment..... | 30% |
| Group assignment.....      | 40% |

#### **Lecture component**

|                   |     |
|-------------------|-----|
| Mid exam one..... | 30% |
| Mid exam two..... | 30% |
| Final exam.....   | 60% |

### **Class Participation**

Attendance at all the classes is compulsory. In addition students should actively participate in all the class activities such as group discussions and presentations. Students who fail to attend 80% of the classes will be considered as dropping out the course.

### **References**

- Maki and Rigger, (1997). *Rehabilitation Counseling: Profession and Practice*. New York: Springer Publishing Company, Inc.
- Thompson, R.A. (2003). *Counseling Techniques: Improving Relationships with Others, Ourselves, Our Families, and Our Environment*. New York: Taylor & Francis Group, LLC.
- Sommers-Flanagan, J. and Sommers-Flanagan, R. (2004). **Counseling and psychotherapy theories in context and practice: Skills, strategies, and techniques**. John Wiley & Sons, Inc., Hoboken, New Jersey

#### **Reference Materials**

- Brown, D. & Serbalus, David J. (1996) **Introduction to the counseling profession**. 2<sup>nd</sup> ed. Boston: Allyn &Bacon.
- Combs, Arthur W. & Gonzalez, David M. ( 1994).**Helping relationships: Basic concepts for the helping professionals** .Boston: Allyn &Bacon
- Cormer, Sherry& Hackney, Harold (1990). **Counseling strategies & Interventions**.5<sup>th</sup> ed. Boston: Allen &Bacon.
- Hughes, Patrick (1973).**Guidance and counseling in schools :A response to change**. Oxford : Simon &Schuster .
- Ivey , Allen E. et al (1997) **Counseling and Psychotherapy :A multicultural perspective** Boston : Allen &Bacon.
- Jones, Anne (1979). **Counseling adolescents in school**. London :Anchor Press Ltd.

Krumboltz, Jones D.& Thorsen ,Carl E.(1969).**Behavioral Counseling :Cases &Techniques** .New York :Holt ,Renhard &Winston ,Inc.

Pietrofesa, J.J.et.al (1980) **Guidance an introduction**. USA : Rand McNally