

PSYC 863 Counselor Education: Lesson Plan 1 for Assignment II.b

By Charles F. Shepard

The following is the first lesson plan associated with Assignment II: Teaching and Counselor Training. The lesson plan is intended to satisfy step one of part b of the assignment. I plan to enact this lesson plan during the seventh class period of PSYC 688 Couples & Family Systems for which Debbie Sturm is the instructor of record and I am serving as a counselor education mentee. I plan to meet with Dr. Sturm to review the implementation of this lesson plan for her feedback and the completion of the Teaching Plan Evaluation Form. This lesson plan includes (a) instructional objectives, (b) teaching activities and strategies, and (c) methods for assessing learner needs related to the course objectives addressed in the course.

Lesson Plan 1

- I. Instructional objectives for Lesson 1: Provide Structural Family Therapy specific learning opportunities for 2016 CACREP Standard F.5.: A systems approach to conceptualizing clients.
- II. Teaching activities and strategies
 - a. Brief discussion of the reading regarding SFT in the course text. 10 to 15 minutes.
 - b. PowerPoint lecture that supplements the reading based on complementary concepts and personal professional experiences. 45 minutes to 60 minutes.
 - c. Case example from pop culture: Tracking a family crisis from the television show Parenthood
 - i. Discussion on the use of interventions such as joining, mapping, unbalancing, reframing, and enactment.
 - ii. Discussion of the students' assessment of the family success through their presenting concern.

III. Methods of assessing learner needs: Use of Muddiest Point activity at the end of class to be revisited at the beginning of the next class.