

PSYC 863 Counselor Education: Lesson Plan 2 for Assignment II.b

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The following is the second 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 2**

- I. Instructional objectives for Lesson 1: Provide learning opportunities specific to working with a parental subsystem for 2016 CACREP Standard F.3. human growth and development: theories of individual and family development across the lifespan.
- II. Teaching activities and strategies
  - a. Brief discussion of the students' feedback from Lesson 1's Muddiest Point assessment. (Estimated 30 minutes).
  - b. Brief PowerPoint lecture that reiterates previously discussed content regarding healthy couple functioning and how that affects the functioning of a family in general. Concepts from Emotion Focused Therapy for Couples (EFT-C), Pragmatic Experiential Therapy for Couples (PET-C), attachment theory, and interpersonal neurobiology (IPNB) will be used. (Estimated 30 minutes)
  - c. Case example(s) from clinical experience: Case conceptualization, treatment planning, and role play to address CACREP KPI related to Standard F.3.

- i. Class discussion for case conceptualization (mapping will be used as a supportive technique).
- ii. Class discussion of treatment planning (at least one long-term goal and two short-term measurable objectives will be developed to promote the couples wellness in service of improved family functioning).
- iii. Class role play and discussion. Players will have opportunities to use at one or more of the following interventions:
  1. Unbalancing.
  2. Reframe.
  3. Boundary making.
  4. Contracting.

III. Methods of assessing learner needs: Use of Muddiest Point activity at the end of class to assess progress of student understanding between class lessons.