



# Master of Arts in Psychology Therapeutic Skills 1: Listening

PSYC 596-01 — Fall 2011

This course addresses the following MAP Program Goals: Basic skills of therapeutic/experiential listening, and attunement to own experience. Integrating philosophical learning and experience of Listening.

This course addresses WAC 246-809-221 content areas: Counseling individuals, Mental health consultation

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Office Hours: XXX.  
Class Hours/PLACE: Tue. 6:45-8:45 ADMN323

- I. **READINGS:** Handouts. TBA
- II. **COURSE DESCRIPTION:** A small group of students meets to learn experiential listening and understanding skills, which help develop the foundation of being a psychotherapist. The group will help students to become more present and centered in their educational experience as well as in life in general. They will be taught some of the basic attitudes and the concepts of a mind-body awareness process called Focusing, which was developed by phenomenologist and psychologist Eugene T. Gendlin. This course will provide opportunities to experience being heard by others in an experiential therapeutic manner and help students prepare for practicum.
- III. **COURSE GOALS:**
  - To understand and implement this unique and effective perspective in order to gain proficiency in employing existential and experiential psychotherapy.
  - To gain the ability to listen experientially, promotes understanding.
  - Experience and articulate experience of being heard from an experiential perspective.
  - To gain ability to be aware and reflect own “experiencing” as a listener.
- IV. **COURSE OBJECTIVES:** Students will gain practical experience of listening and being heard from an experiential therapeutic perspective. This practical experience aims to compliment student's theoretical course work. Students learn to help others focus on the here and now experience, an exercise known to increase the quality and duration of psychotherapy's effectiveness. Students will encounter a more nuanced way of listening that can be integrated in all of their relationships and potentially enhance personal growth.

## V. **REQUIREMENTS:**

1. Attendance: Attending all meetings is expected and required.
2. Participation: Each student is required to both listen and speak to one another.
3. Respectful Interaction: Each participant must respect the need for a safe and accepting environment. Strict confidentiality must be maintained. Information shared in the group cannot be discussed outside of the group.

### **Disabilities notice:**

If you have, or think you may have, a disability (including an 'invisible disability' such as a learning disability, a chronic health problem, or a mental health condition) that interferes with your performance as a student in this class, you are encouraged to arrange support services and/or accommodations through Disabilities Services staff in the Learning Center, Loyola 100, (206 296 5740). Disability-based adjustments to course expectations can be arranged only through this process.

### **Swine Flu:**

Due to the very real possibility of there being an outbreak of the Swine Flu (H1N1 virus) this year the university has made reasonable adjustments to its attendance policy. Here is the notice from the SU website (check it frequently for updates): <http://www.seattleu.edu/flu>

### **IF YOU HAVE THE FLU**

Students, faculty or staff members who live either on or off campus, and who have an influenza-like illness, should self-isolate (i.e., stay away from others) in their residential hall or home for at least 24 hours after being free of a fever without the use of fever-reducing medicine. Residential students from nearby areas should return home until they recover from the flu. This means students should not attend classes, go to the dining hall, etc. Affected individuals should ask the assistance of a family member, friend or RA to obtain necessities (food, fluids, etc) and check-in on them periodically via phone, text or e-mail.

Affected individuals should seek medical care if they are experiencing severe symptoms or are at high-risk for complications due to underlying health conditions. Students experiencing severe flu-like symptoms should call the Student Health Center at (206) 296-6300.

I ask that you call me IF you are experiencing flu symptoms and will not be in class. I can't underscore enough that IF YOU'RE EXPERIENCING FLU SYMPTOMS YOU SHOULD STAY HOME. Don't stop by my office to tell me you're unwell.

If you are absent due to the flu you will not be penalized. You will be given appropriate time to make up assignments and exams.

The key is stay home if you're unwell and let me know via a phone call or email.