

Lesson Plan

Title: Counseling Theory and Strategies with Deaf College-Age Students

Day/Time/Location:

Presenter: Dr. Robb Adams
Associate Professor and Chairperson
NTID Department of Counseling Services
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Workshop Assumptions and Expectations:

Grade Level: Higher Education

Subjects:

- Psychology of Deafness
- Counseling Theory
- Career Theory
- College Student Development Theory

Duration: Two hours

Goals:

1. To provide an overview of college student development issues
2. To help participants learn about a systemic view of counseling theory
3. To help participants distinguish between the "medical model" vs a developmental/systemic understanding concerning the impact of deafness on development
4. To help participants learn John Holland's Career Theory as it relates to college student development and career choice

Objectives: By the end of this workshop/training, participants will be able to accomplish the following:

1. Describe the various systemic influences a counselor would need to consider when working with a client/student
2. List and briefly describe the 6 career types as defined by John Holland and two careers that fit into each category
3. Describe the difference between the "medical" model of deafness and the systemic model of deafness
4. Describe the major developmental tasks faced by college students

Background Preparation:

Harvey, Michael, A. (2002). Psychotherapy with Deaf and Hard of Hearing Persons: A Systemic Model. ([Chapter 1: A Systemic Model](#)) Mahwah, NJ: Lawrence Erlbaum Associates.

Evans, Nancy, J., Forney, Deanna, S., & Guido-DiBrito, Florence (1998). Student Development in College. ([Chapter 3: Chickering's Theory of Identity Development](#); and [13: Holland's Theory of Vocational Personalities and Environments](#)) San Francisco: Jossey-Bass.

Workshop Plan:

([Counseling Theory and Strategies with Deaf College-Age Students PowerPoint](#))

1. Introduction (10 Minutes)
 - a. Introduction to presenter and with individual participants
 - b. Workshop Overview
2. Systemic/developmental perspectives on individual development (10 Minutes)
3. Activity - Systemic/Ecological Influences (20 minutes)
4. Counseling Theory (10 Minutes)
 - a. General goals and outcomes for counseling
 - a. Shift from a medical model to a developmental and cultural model
5. Student Development Theories (15 minutes)
 - a. Chickering's Theory of identity development
 - b. Holland's model of vocational personalities
6. Focus on Career Development (30 minutes)
 - a. Holland Career Activity
 - b. ["World of Work"](#)
 - c. [Biopsychosocial Activity](#)
7. Delivery of Counseling Services (10 minutes)
 - a. Individual
 - b. Group
 - c. Class
8. Concluding remarks (5 Minutes)
9. Q and A (10 Minutes)

10. Evaluation