

BH 260 : COUNSELING THEORIES

Transcript title

Counseling Theories

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

WR 121Z.

Course Description

Provides an overview of theoretical approaches to counseling and psychotherapy, including fundamental concepts, assessment, client and counselor roles, cultural relevance, and intervention strategies/ techniques.

Course learning outcomes

1. Develop an understanding of the common theories and models of counseling.
2. Identify characteristics and concepts of various theoretical approaches to distinguish between approaches and develop a personal theoretical framework.
3. Articulate a counseling theory that aligns with one's own counselor characteristics and beliefs.
4. Articulate and demonstrate counselor characteristics and behaviors that influence helping processes.

Content outline

1. The Counselor: Person and Professional
2. The Counselor: Counselor Values and Therapeutic Process
3. Ethical Issues in Counseling Practice
4. Psychoanalytic Therapy
5. Adlerian Therapy
6. Existential Therapy
7. Person-Centered Therapy
8. Gestalt Therapy
9. Behavior Therapy
10. Cognitive Behavior Therapy
11. Feminist Therapy
12. Postmodern Approaches
13. Family Systems Therapy
14. Integrative Perspective

Required materials

Textbook(s) may be required.

General education/Related instruction lists

- Social Science