

HS 260 : COUNSELING THEORIES

Transcript title

Counseling Theories

Credits

4

Grade mode

Standard letter grades

Contact hours total

40

Lecture hours

40

Recommended preparation

WR 121.

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.

Learning outcomes

1. Articulate the history and philosophy of the counseling profession.
2. Articulate and demonstrate counselor characteristics and behaviors that influence helping processes.
3. Apply concepts of culture, ethics, integrative models, systems and environment, crisis and trauma, and neuroscience to inform counseling theoretical orientation.

Content outline

The Counselor: Person and Professional
The Counselor: Counselor Values and Therapeutic Process
Ethical Issues in Counseling Practice
Psychoanalytic Therapy
Adlerian Therapy
Existential Therapy
Person-Centered Therapy
Gestalt Therapy
Behavior Therapy
Cognitive Behavior Therapy
Feminist Therapy
Postmodern Approaches
Family Systems Therapy
Integrative Perspective

Required materials

Textbook/s and/or presentation materials.

Grading methods

Grades may be determined by quizzes, exams, presentations and participation.