

HS 260 : COUNSELING THEORIES

Transcript title

Counseling Theories

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

WR 121.

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. 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.