

# ***COURSE SYLLABUS***

## **THEORIES OF COUNSELING**

### **COURSE DESCRIPTION**

This course provides an intensive look at selected theories of counseling and psychotherapy. Theoretical and empirical foundations of individual, relational, & systemic approaches are examined. Students are encouraged to begin to define their own theoretical approach to their work with individuals, couples, & families.

### **RATIONALE**

The purpose of this course is to provide an overview of the major counseling theories and practices and provide an opportunity for the students to apply these theories to their own personal life and other case study material. Emphasis will be placed upon enabling students to develop theoretical foundation upon which to base a counseling approach and to critique this approach against counseling standards.

## **II. REQUIRED RESOURCE**

Theories of Counseling and Psychotherapy: A Case Approach by Nancy L. Murdock.

## **III. ADDITIONAL MATERIALS FOR LEARNING**

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Microsoft Office

## **IV. MEASURABLE LEARNING OUTCOMES**

Upon successful completion of this course, the student will be able to:

- A. Evaluate the prominent theories of counseling and psychotherapy (As measured by Exams and Counseling Theory Paper)
- B. Summarize the history and philosophy of the counseling theories, including significant factors and events that relate to the assertions of each theory. (As measured by Exams)
- C. Explain the strengths and limitations of each approach as well as the tools and techniques utilized in each. (As measured by Exams and Counseling Theory Paper)
- D. Analyze clients' situations, providing constructive direction to the counseling process. (As measured by Counseling Theory Paper)
- E. Cite basic research pertaining to various theoretical models. (As measured by

Exams)

- F. Discuss his/her own tentative theoretical framework for counseling, based on the study of existing theories, and the examination of his/her own values, beliefs, behaviors, needs, and findings. (As measured by Exams and Counseling Theory Paper)

## V. COURSE REQUIREMENTS AND ASSIGNMENTS

- A. Textbook readings
- B. Counseling Theory Paper

The Counseling Paper will examine one of the six theories presented in this class. The paper will explore the different elements that make up the theory and the strengths and weaknesses of the theory.

- C. Exams:

Exams will gauge student's understanding for the Measurable Learning Objectives for Theories in Counseling.

## VI. COURSE GRADING AND POLICIES

- A. Counseling Theory Paper

Using the Theories of Counseling and Psychotherapy: A Case Approach by Nancy Murdock textbook, students will examine one of the 6 theories presented in the class. This 3-5-page, APA formatted paper will help students understand the importance of applying a theory to a counseling setting as well as explain the positives and negatives for the theory they chose.

- C. Exams (6)

Six open-book/open-notes exams are required for this class. Each exam will have multiple choice or essay questions based on the assigned readings. (In fulfillment of Learning Outcomes A, B, C, E, and F)

- A. Points

Counseling Theory Paper is:	400 points.
Each Exam is:	100 points. (6 x 100 = 600)
<b>Total:</b>	<b>1000 points</b>

- B. Scale

A = 930–1000 B= 880–929 C = 820–879 D = 760–819 F = 759 and below

- C. Instructors will answer most emails within 24–48 hours.