HCE 620 Fundamentals of Counseling Theories

This course is for those who are or will be engaged in counseling in an educational or mental health setting. Selected theories and related techniques are closely examined. Research literature which has a bearing on the effectiveness and non-effectiveness of counseling is reviewed.

Prerequisite: None
Credit Hours: 3
Course Type: Variable
Ideal Class Size: 20

Relationship to CEHD Core Values
Democracy: Philosophical perspectives, as well as ethical and legal obligations are explored.
Civility & Caring: These values are at the core of every counseling course.
Equity & Diversity: Multicultural counseling competence is an integral part of the course.
Social Justice: Ethical standards compel counselors to be client advocates.
Scholarship: Papers are presented according to APA guidelines. Research literature which has a bearing on the effectiveness and non-effectiveness of counseling is reviewed.
Professional Learning & Continuous Improvement: One of the major elements of CACREP-accredited programs. Professional development is an ethical obligation.
Ethical Practice: Students sign a Code of Ethics Attestation statement upon entry into the Counselor Education program, and all students are responsible for abiding by the professional Code of Ethics in all course work and activities that represent program outcomes and standards.

Course Goal
This course will provide a detailed study of well-established theories of counseling, beginning with the seminal theories and others that have proven their validity over time.

Course Outcomes

Students will be able to:
1. describe the philosophical roots of the major systems of counseling currently in use.
2. describe the historical development of each theory and its role in current practice.
3. demonstrate knowledge of the underlying personality theories and how they are used within therapeutic systems.
4. provide examples of the processes and basic techniques employed in the assigned theories of counseling
5. evaluate various theories and state their major strengths and weaknesses.
6. develop an emerging personal theory of counseling that also addresses individual needs in a diverse/pluralistic society.
7. demonstrate knowledge of the major contemporary approaches of family therapy.

1/2/02
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