HCE 622  Counseling Children & Adolescents

This course examines selected theories, related techniques, and skills for counseling children and adolescents. Attention is given to examining personal philosophies about working with children and adolescents, and to the exploration of possible interventions for various counseling situations with these populations. Counselor effectiveness literature will be reviewed.

**Prerequisite:** Matriculation in counselor education or school psychology, HCE 620-Fundamentals of Counseling Theories, and HRD 668-Human Development (HRD 668 may be taken concurrently with permission of the instructor).

**Credit Hours:** 3  
**Ideal Class Size:** 20  
**Class Type:** Lecture/Seminar

**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; advocating for children is emphasized.

*Scholarship:* Papers are presented according to APA guidelines. Research literature which has a bearing on the effectiveness and non-effectiveness of counseling children is reviewed.

*Professional Learning & Continuous Improvement:* This course focuses on refining counseling skills and adapting to the unique needs of children and adolescents.

*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 the practices, techniques, and strategies that can facilitate the growth and development of children and adolescents within a counseling relationship.

**Course Outcomes**

Students will be able to:

1. articulate an awareness and sensitivity to the issues of children and adolescents.
2. apply three major theories of counseling (child-centered, cognitive-behavioral and Adlerian) and have knowledge of how the theories relate to working with children and adolescents.
3. employ specific strategies and techniques used in individual counseling of children and adolescents.
4. articulate the importance of the interactive and systems relationships between the child and adults, peers, family and the environment.
5. explore current literature and research used in working with children and adolescents.
6. identify the legal and ethical issues surrounding counseling with minors.
7. articulate an awareness of client diversity and sensitivity to an individual client's cultural framework.
8. articulate the application of three major theories to small groups with children and adolescents.
9. describe one approach to recognizing and assisting children and adolescents who may use alcohol or other drugs or who may reside in a home where substance abuse occurs.

11/07  
Revised, 9/08