COUN 520 - Counseling Theories & Techniques

Teacher	Dr. T. Gorbacheva		
Semester	Spring	Duration	8 Weeks
Frequency	Every three years		
Credits	5 ECTS	Workload	150 Hours
Module format	Intensive		
Applicability	This module provides a practical introduction to the counseling aspects which will be used in many of the modules and in particulare the supervision modules.		
Course structure	See module and courses		
Contact time	40 Hours	Self-Study	110 Hours
Participation requirement	See access to the program		

Evaluation	**Evaluation**	**Hours**	**Weight**
	Phase 1	50	20%
	Readings & Theoretical Paper	50	20%
	Phase 2	40	50%
	Participation	30	10%
	Presentation	5	10%
	Exam	5	30%
	Phase 3	60	30%
	Research Paper	60	30%
	Total	**150**	**100%**
Content of the Module	Consideration in depth of major counseling theories and techniques, with particular emphasis on comparative analysis. This course is designed to help the student acquire a thorough understanding of selected counseling theories by studying the written works of prominent authorities associated with these respective theories. Models of helping will be compared and contrasted to explore the goals of counseling and the factors involved in assisting people to change.		

Learning Objectives	A. General Instructional Objectives This course seeks to: • Develop students' understanding of the major systems and theories of counseling and psychotherapy, including selected approaches developed by Christian theorists. • Help students assess the status of counseling relative to process and outcome research. • Teach skills in counseling interview techniques, including the establishment of rapport, problem identification, and the use of intervention techniques. • Explore the historical development of consultation. • Present major models of consultation, including the stages of consultation. • Assess counselor and consultant characteristics and behavior that influence helping processes including age, gender, and ethnic differences, verbal and nonverbal behaviors, personal characteristics orientations, and skills. • Critique the major systems and theories of counseling and psychotherapy from a Christian perspective. B. Specific Behavioral Objectives As a result of the activities and study in this course, the student should be able to: • Demonstrate mastery of concepts, history, theory of personality, and the psychotherapeutic process of counseling theories covered in class. • Compare and contrast the essential features of the theories covered in class. • Discuss the current status and critique the strengths and weaknesses of each theoretical approach. • Develop a theoretical foundation for their approach to counseling. • Demonstrate proficiency and confidence in applying theoretical knowledge and integrating counseling skills. • Critique the major theories from a Christian perspective.
Outline	• A. The counselor: Person and Professional • B. Counselor and Consultant Characteristics • C. Psychoanalytic Therapy • D. Adlerian Therapy • E. Jungian Therapy • F. Person-Centered Counseling • G. Gestalt Therapy • H. Transactional Analysis • I. Behavior Therapy • J. Systems Theory • K. Rational Emotive Therapy • L. Reality Therapy • M. Cognitive-Behavior Therapy • N. Family Systems Therapy • O. Interview Skills • P. Establishing Rapport • Q. History of Consultation • R. Models of Consultation • S. Technological Strategies of Application • T. Integration and Application • U. Computer-Assisted Therapy
Examination	See Evaluation

Core Literature	**Textbook:** Wedding, D. & Corsini, R.J. (2014). Current Psychotherapies, (10th Ed.). Boston: Cengage Learning. **Reading List:** Brenner, C. (1973). An elementary textbook of psychoanalysis. Garden City, NY: Anchor/Doubleday. Cade, B., and O'Hanlon, W.H. (1993). A brief guide to brief therapy. New York: Norton. Capuzzi, D., and Gross, D. R. (1996). Counseling and psychotherapy. Englewood Cliffs, NJ: Merrill. Corsini, R. L., and Wedding, D. (Eds.). (1995). Current psychotherapies (5th ed.). Itasca, IL: Peacock. Dinkmeyer, D.; Pew, W.; and Dinkmeyer, D. (1979). Adlerian counseling and psychotherapy. Belmont, CA: Wadsworth. Dobson, K. (Ed.) (1988). Handbook of cognitive-behavioral therapies. New York: Guilford. Egan, G. (1986). The skilled helper (2nd ed.). Monterey, CA: Brooks/Cole. Ellis, A. (1962). Reason and emotion in psychotherapy. Secaucus: NJ: Lyle Stuart. Gay, P. (1989). The Freud reader. New York: W.W. Norton. George, R..L., and Cristiani, T. S. (1995). Counseling: theory and practice (4th ed.). Boston, MA: Allyn and Bacon. Glasser, W. (1961). Mental health or mental illness. New York: Harper & Row. Harris, T. (1969). I'm OK, you're OK. New York: Harper and Row. Koteskey, R. L. Psychology from a Christian perspective. Nashville: Abingdon Press, 1980. Meichenbaum, D. (1985). Stress inoculation training. New York: Pergamon. Tan, S. (1987). Cognitive-behavior therapy: A biblical approach and critique. Journal of Psychology and Theology, 15, 103-112. Vining, J. K., Ed. Pentecostal caregivers. anointed to heal. East Rockaway, NY: Cummings and Hathaway Publishers, 1995. Vining, J. K., and Decker, E. E. Jr., Eds. Soul care: A pentecostal-charismatic perspective. East Rockaway, NY: Cummings and Hathaway Publishers, 1996.
Other information	