

**SIMON FRASER UNIVERSITY
FALL SEMESTER 2004**

**EDUC 323-3
INTRODUCTION TO COUNSELLING THEORIES
(D01.00)**

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MONDAYS 13:30-16:20
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PREREQUISITE: EDUC 220 or equivalent and 60 credit hours. Students who have credit for Educ 425 cannot take Educ 323 for further credit.

COURSE DESCRIPTION

This course provides students with an introduction to major theoretical approaches underlying the work of counselors and educators working with persons with emotional and/or behavioural difficulties. The course will cover theories based on psychodynamic, behavioural, cognitive, existential-humanistic, feminist, systemic, and post-modern frameworks.

EVALUATION

Assignments in the course will provide students with an opportunity to become familiar with a variety of theoretical approaches, their implications for understanding human behaviour and experience and their applications in counseling interventions. Detailed descriptions of assignments will be distributed at the first class.

REQUIRED TEXT

Sommers-Flanagan, J. & Sommers-Flanagan, R. (2004). *Counseling and Psychotherapy Theories in Context and Practice: Skills, strategies, and techniques*. Hoboken, NJ: Wiley.
ISBN 0-471-21105-2

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