

Introduction to Counselling Theories

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Fridays 8:30-11:20
WMX 2532

D01.00

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 is designed to provide the student with an introduction to the major theoretical approaches that underlie the work of counsellors and educators assisting persons with emotional and/or behavioural difficulties. In particular, the course will cover theories based on psychodynamic, behavioural, cognitive, existential, systemic, and post-modern frameworks.

Evaluation:

Students will have the opportunity to examine these perspectives and their relations to counselling strategies and interventions through:

- Examining a series of two or three case studies (i.e., analyzing the origin of the problem, developing a treatment plan). (55%)
- A final term paper (45%)

Required Text:

Thompson, R. L. & Rudolph, L. B. (2000). *Counseling children* (5th ed.). Belmont, CA: Wadsworth.

Any additional (Optional) readings will be placed on reserve.