

**SIMON FRASER UNIVERSITY  
SPRING SEMESTER 2008**

**EDUC 323-3  
Introduction to Counselling Theories  
(E200)**

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Wednesday 4:30-7:20 Surrey Campus Room 3300

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**PREREQUISITE:** Educ 220 or equivalent, and 60 credit hours.

**COURSE DESCRIPTION:**

The course is designed to explore the conceptual understanding of counselling theories and how students could apply them in contemporary diverse counselling contexts. Over the 13-week seminars we will critically analyze major theories of counselling which are of great significance to counselling psychology in North America and around the globe, as well as to integrate ideas, knowledge, and skills to helping you explore your own personal counseling theory and style. Current research concerning the dimensions of counselling theories and practices will be discussed. The seminars will include a combination of experiential exercises (e.g., case analysis by way of choosing a particular theorist's lens to address conceptualization), students' interactive presentations, and seminar discussions.

**EVALUATION:**

Details of the assignments will be provided in the first class.

**REQUIRED TEXT**

Murdock, N. L. (2004). Theories of counselling and psychotherapy: A case approach. Upper Saddle River, NJ: Pearson Prentice Hall.

**RECOMMENDED TEXT**

American Psychological Association. (2001). Publication manual of the American Psychological Association (5th ed.). Washington, DC: American Psychological Association.

**NOTE:** Additional readings will be identified and assigned in class and/or announced via webCT.

*Students in all Faculty of Education courses are encouraged to review policies pertaining to academic integrity available on the Undergraduate Programs website:*

[http://www.educ.sfu.ca/ugradprogs/student\\_resources/index.html](http://www.educ.sfu.ca/ugradprogs/student_resources/index.html)

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