

**SIMON FRASER UNIVERSITY  
SUMMER SEMESTER 2005**

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

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TUESDAY 1:00-4:50  
EDB 8620F

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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 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.

**Objectives:**

By the end of the course it is expected that students will have:

- Understanding of major foundational ideas in counselling and the purpose of counselling as a helping process.
- Deepening understanding of human behaviour through knowledge of counselling theories.
- Recognition of a variety of counselling approaches, their applications in the field, and the context in which they are employed.

**Requirements:**

Students will complete a term paper, a presentation of the paper in class and a series of short reflection assignments.

**Grading:**

- Term paper & presentation 20%

- Mid term exam 25%
- Final exam 25%
- Case study 20%
- Attendance and participation 10%

**Required Text:**

Theories of Counseling and Psychotherapy: A Case Approach  
Nancy L. Murdock, University of Missouri-Kansas City  
2004 / 0-13-027163-2 / Prentice Hall

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