

NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

HMS 266 - COUNSELING PSYCHOLOGY (3 CR.)

COURSE DESCRIPTION

Studies major counseling theories, their contributions and limitations, and the applications of each to a counseling interaction. Students develop their own personal counseling theory. Lecture 3 hours per week.

GENERAL COURSE PURPOSE

This course is intended for students in psychology, counseling, human services and the above students to analyze the similarities and differences of assumptions and beliefs held by nine theorists, and for the students to examine their own assumptions and beliefs so they can select and apply specific theories appropriately as they work with clients.

ENTRY LEVEL COMPETENCIES

Students should have ability to think logically and express themselves clearly orally and in writing.

COURSE OBJECTIVES

Upon completion of this course, students will be able to:

- A. Describe the philosophical assumptions and theoretical tenets of nine specific counseling theories.
- B. Demonstrate their understanding (cognitively and experientially) of the nine counseling theories.
- C. Begin to develop their own personal philosophical and experiential approach to counseling and make the rationale explicit.

MAJOR TOPICS TO BE INCLUDED

The theories, which are analyzed and compared, are:

- A. Psychoanalytic
- B. Adlerian
- C. Rational-Emotive
- D. Person Centered
- E. Gestalt
- F. Behavioral
- G. Transactional Analysis
- H. Reality
- I. Existential