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CO 601 Counseling Theories and Techniques

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Recommended Citation

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Purpose and Goals:
This course is a survey of classical and contemporary theories of counseling. Specifically, we shall cover the major traditions within the psychodynamic, humanistic and behavioral fields. These three broad bases provide the fundamental frameworks from which most theories derive. The course also aims to help students begin the process of appraising these traditions from a Christian perspective. Attention is given to the integration of theology and psychology, assumptions about human nature and theories of personality, the development of problems, the nature of change, techniques and application of each theory.

Upon completion of this course, the student will be able to:
• Describe the major theories of counseling within the various traditions, especially the psychodynamic, humanistic and behavioral traditions.
• Identify the skills and attitudes necessary to effective counseling and how to apply techniques associated with the various psychological traditions.
• Understand how personal experiences, philosophy and culture shape theoretical perspectives.
  • Provide a Christian appraisal of the various psychological theories by being able to identify points of continuity and discontinuity between theology and psychological theory.

Required Course Texts:


Course Requirements:
You are expected to attend all classes and participate in all class related activities and discussions. You should only be absent in emergencies—illness, family death or similar unavoidable situations. Emergencies DO NOT include attending to church work, vacations, or other employment situations. Sadly, if you miss more that the equivalent of 3 sessions you will not receive a passing grade.
Course Policies—

- All written material should conform to style and form set forth in the *Publication Manual for the American Psychological Association, 5th ed.* Also, all written material should be produced with a standard 12-point font, typed, double-spaced with a one-inch margin.
- Students should submit written material on time. Late papers will be graded with no written feedback. Grade will be penalized by 1/3 a letter grade for each week that the paper is late.
- Incompletes denote that the work of a course has not been completed due to an **unavoidable emergency**, which does not include delinquency or attending church work or other employment. Please plan your time accordingly.

Grading Ranges

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<th>C</th>
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Tentative Course Assignments

1. **Book Review and Discussion of a Christian/Spiritual Counseling Approach** — Due April 25 — 10%.
   Several approaches to Christian counseling have risen to prominence during the last few decades. A book list will be posted to the Course Center. You will read one of the books listed above and prepare a 750 word book review of this book.

2. **Mid-Term and Final Examination** — Dates March 21 and May 16 — 90%
   The CO601 mid-term and final will be a combination of objective items and short answer essay. The mid-term exam will cover all material from the first week of class. The final exam will cover all material presented since the mid-term.

   To prepare for these exams, let me suggest that you create a chart by which you can compare and contrast the major theories that we have studied. The Corsini text provides you with the skeleton of an outline at the beginning of the book. If you can fill in the blanks of this chart, then you are well on your way to a strong grade in this class.

   In addition, you should know such things as the name of the theory, the major theorists who developed each theory, each theory’s buzz words and what they mean, each theory’s model of health, illness, and treatment approach, and where the theory is consistent or inconsistent with Christianity (Jones and Butman). You should be able to compare and contrast the models.