

COU 526: Counseling Theories

Examines the major classical and contemporary theories of counseling and psychotherapy. Topics include an overview and evaluation of major approaches; critical examination of theories for key theoretical constructs, personality formation, development of pathology, therapeutic processes that produce change/healing, the nature of the client-counselor or counselor-student relationship, and its effectiveness; theory analysis from an ethnic, cultural, and Judeo-Christian perspective. The purpose of this examination is to move students toward a personal model of therapy that reflects and integrates the present research regarding points of convergence and their own philosophy of life or worldview.

Credits: 3

Program: Counseling