MOHAWK VALLEY COMMUNITY COLLEGE

**Utica and Rome, New York**

**Course Outline**

###### HS222 – THEORIES OF COUNSELING P-0, C-3, Cr-3

**CATALOG COURSE DESCRIPTION**

This course explores the theoretical frameworks of counseling with emphasis on the ideas that form the structure of these theories. Consideration is given to their history, current status, and application.

**Prerequisite:** PY 101 – Introduction to Psychology and a grade of “C” or better in HS101 Introduction to Human Services

**STUDENT LEARNING OUTCOMES**

The student will be able to:

1. investigate and identify the strengths and limitation inherent in each theory of counseling.
2. compare and contrast the multicultural impact of each counseling theory.
3. identify the various counseling techniques utilized within each theory.
4. utilize the professional literature in the field.
5. identify the core tenets within each theoretical perspective.
6. identify and describe key elements that are characteristics of an effective counselor.
7. identify ethical considerations when providing counseling services.
8. identify historical elements relevant to the formation of various theoretical perspectives.
9. identify how counselor values impact the counseling process and practice.
10. recognize and identify the limitations of utilizing various theoretical perspectives with certain client populations.
11. identify the role of the counselor (i.e., expert, coach, teacher, etc.) within various counseling perspectives.

**MAJOR TOPICS**

Introduction to Counseling

The Counselor

Ethical Issues

Psychoanalytic Theory

## Adlerian Theory

## Existential Therapy

Logo Therapy

## Person-Centered Theory

## Gestalt Theory

Behavioral Theory

Cognitive-Behavioral Theory

Reality Theory

Solution Focused Brief Theory

Narrative Theory

Family Systems Theory

Putting It All Together