Preparing Inquiring Educators: Knowledge, Understanding, and Application

Course of Study

1. Course Title and Number of Credits:
   CSP 606  Individual Counseling: Theories and Practice
   3 Credit hours

2. Course Description:
   The emphasis of this course is counseling theories as applied to counseling the individual client. Students are given an overview of the major theoretical perspectives on human behavior and individual counseling interventions, including multicultural theories. Counseling strategies, theories of consultation and collaboration, and techniques associated with different theories will be introduced and applied to clinical case studies.

3. Prerequisites and Restrictions: CSP 601, CSP 602, and CSP 603

4. Course Objectives: (CACREP standards addressed)
   2. To introduce a variety of counseling strategies and interventions associated with each theory (II.G.5.c., G.8.e., SC C.1.)
   3. To provide an analytical framework for evaluating major theories of counseling as well as emerging theories (II.G.3.b., G.5.d., G.8.a.)
   4. To introduce the role of culture and ethnic background in evaluating theories of counseling and consultation (II.G.2.a., G.5.d., G.5.f.)

5. Student Learning Outcomes: Student will be able to:
   1. Demonstrate a familiarity with major theories of counseling and consultation as evidenced by case studies and consultation/collaboration group project
   2. Demonstrate an ability to match counseling intervention to theories as evidenced by case studies (CMH D.2.)
   3. Evaluate emerging counseling theories using current research and critical thinking as evidenced case studies, class discussion, and online discussion
   4. Demonstrate an understanding of how cultural and ethnic background can affect the usefulness of counseling and consultation theory as evidenced by case studies, consultation/collaboration project, online discussion, and class discussion (CMH D.5., F.3.)
5. Demonstrate the development of their own theoretical base as
demonstrated by online and class discussion

6. Course Content:
   1. Overview of counseling process
   2. Introduction of major counseling theory
      a. Client Centered (Rogers)
      b. Gestalt Counseling (Perls)
      c. Rational-Emotive (Ellis)
      d. Psychodynamic (Freud)
      e. Individual Psychology (Adler)
      f. Cognitive-Behavioral (Meichenbaum)
      g. Multicultural Theory (Sue)
      h. Feminist Theory
      i. Reality Therapy (Glaser and Wubboling)
      j. Solution-Focused (Berg)
   3. Counseling strategies based on theory
   4. Overview of theories of consultation and consultation process
   5. Developing a theoretical base

7. Teaching/Learning Methods:
   1. Lecture
   2. Small group discussion
   3. Demonstration of counseling strategies associated to theory
   4. Multimedia presentation

8. Evaluation Methods:
   1. Case Studies
   2. Consultation/Collaboration group assignment
   3. BlackBoard online assignment
   4. Attendance and Participation

9. Required Texts/Readings:

10. Preparer's Name and Date: Paula R. Danzinger, Ph.D., Fall, 1999

11. Department Approval Date: February, 1999

12. Reviser's Name(s) and Date: Paula R. Danzinger, Ph.D., Karen Decker, M.Ed.,
   & Henry Heluk, Ph.D.Fall, 2008
   Paula R. Danzinger, Ph.D., Fall, 2003

13. Revision Approval Date: Spring, 2004
14. Bibliography:


