COURSE TITLE: Theories of Counseling

COURSE NUMBER: MCC 6401

I. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
The student will define and demonstrate basic counseling theories, including Psychoanalytic, Adlerian, Person-centered, Existential, Gestalt, Rational-emotive, Transactional Analysis, Behavioral, Cognitive and Reality.

Learning Outcomes: The student will:

A-1 Identify the various views of personality development according to different theories.
A-2 Identify key concepts.
A-3 Identify key individuals associated with each theory.

GOAL B:
Compare and contrast various counseling theories.

Learning Outcomes: The student will:

B-1 Describe the historical context of theories and their use in counseling from before 1900 to the present.
B-2 Describe each theory’s view of human nature.
B-3 Describe each theory’s conceptualization of the role of the counselor.
B-4 Describe the goals and techniques to each theory.
B-5 Analyze the strengths and weaknesses of each theory.

GOAL C:
Evaluate various theories in terms of their potential use by community counselors in different mental health situations.

Learning Outcomes: The student will:

C-1 Assess issues such as time constraints, costs, and appropriateness of each approach for particular disorders.

GOAL D:
Understand the historical evolution of counseling theories.

Learning Outcomes: The student will:
D-1 Explain the history of counseling from before 1900 to the present day.

GOAL E:
Develop a personal theoretical approach to counseling which best suits his/her personality and belief system.

Learning Outcomes: The student will:

E-1 Identify his/her own personality type.
E-2 Identify his/her own belief system.
E-3 Formulate an approach to counseling based on his/her personality and belief system.

GOAL F:
Demonstrate understanding of family, group and multicultural counseling.

Learning Outcomes: The student will:

F-1 Develop an understanding of the key concepts of family counseling theory.
F-2 Develop an understanding of the key concepts of group counseling theory.
F-3 Discuss counseling approaches that accommodate differences related to ethnicity, age, gender, and personal characteristics.