WILMINGTON UNIVERSITY  
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES  
BASIC COURSE INFORMATION

COURSE TITLE: Advanced Counseling and Psychotherapy  
COURSE NUMBER: MCC 8060

I. RATIONALE:

This course goes beyond basic counseling theory and practice courses to help students put the latest in empirically supported treatments and relationships into practice.

II. MAJOR INSTRUCTIONAL GOALS:

As part of the learning entailed in this course, students will be expected to:

GOAL A: Gain an understanding of Cognitive Therapy.

Learning Outcomes:

A-1: Students will learn how to conceptualize a case according to the cognitive model.  
A-2: Students will learn how to structure the therapy session according to the cognitive model.  
A-3: Students will learn how to identify, evaluate, and respond to Automatic Thoughts and Emotions according to the cognitive model.  
A-4: Students will learn how to work with clients’ core beliefs according to the cognitive model.

GOAL B: Gain an understanding of Cognitive Behavioral Therapy.

Learning Outcomes:

B-1: Students will understand the similarities and differences between cognitive therapy and cognitive behavioral therapy (CBT).  
B-2: Students will learn to incorporate the methods of CBT in the counseling session.

GOAL C: Gain an understanding of the Mindfulness and Acceptance paradigm within the context of Cognitive Behavioral Therapy.

Learning Outcomes:

C-1: Students will understand and experience Mindfulness practices.  
C-2: Students will understand how Mindfulness practices have been incorporated into a variety of CBT methods, including Acceptance and Commitment Therapy and Dialectical Behavioral Therapy.  
C-3: Students will examine how CBT/Mindfulness approaches have been used to treat a variety of psychopathologies including mood disorders, anxiety disorders, and substance dependence disorders.

GOAL D: Gain an understanding of how bibliotherapy can be used as an adjunct or replacement for individual counseling.
D-1: Students will utilize a self-help manual during the course to experience bibliotherapy.

D-2: Students will learn how to engage in self-therapy as a way to promote this practice with their clients.

GOAL E: Students will become aware of their own beliefs, strengths, limits and conflicts that may interfere with and/or distort the counseling relationship.

E-1: Students will learn how to self-monitor for biases that may interfere with the counseling process.

E-2: Students will learn how to use these insights as a therapeutic agent.

E-3: Students will learn how to be more accepting of themselves and their clients.

GOAL F: Students will become aware of the transtheoretical model of change.

F-1: Students will learn about the Prochaska and DiClemente Stages of Change model.

F-2: Students will integrate the Stages of Change model to the Counseling Theory that is the primary focus of the course material.