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CNSK 1403: Theories of Counselling

EFFECTIVE DATE

January 2021

DEPARTMENT

Counselling Skills

DESCRIPTION

The course is an overview of counselling and psychotherapy in terms of theory and practice. Focus is on the how, what, and why of the theories. Content includes major theories of counselling and the limitations and contributions each makes to the practice of counselling. The emphasis is on practice arising out of theory. Ethical considerations will also be discussed. We will look at the differences in goals and techniques and the associated views of human nature. Students will extract theory from experience, and experience from theory and will formulate and develop their own beliefs and approaches to counselling. Attention will be paid to the process of the class group to support learning and also to enhance the learning environment. Students may take Theories of Counselling (CNSK 1403) OR Lifespan Development (CNSK 1404) for credit.

CREDITS

3.0

YEAR OF STUDY

PREREQUISITES

None

COREQUISITES

None

COURSE LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- Outline the basic ideas of each of the theories covered
- Discuss and demonstrate the basics of each theory in terms of practical application
- Analyze and critique a theory of counselling
- Discuss the nature, role, and value of the therapeutic relationship
- Give a general explanation of the application of the principles of ethics in the counselling relationship
- Describe the personal theory of counselling they have developed to date

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

Theories of Counselling (CNSK 1102) Simon Fraser University – Introduction to Counselling Theories EDUC 323
University of British Columbia - Counselling Theories CNPS365 At the discretion of the Program Coordinator

HOURS

Lecture: 45

Other: 6

INSTRUCTIONAL STRATEGIES

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

60%

EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	55	theory assignment; case study
Project	20	presentation
Participation	10	
Other	15	journal

COURSE TOPICS

- A step forward: From Basic Counselling Skills to Counselling Theories
- What is the nature of the helping relationship? What is a counselling theory?
- Characteristics of a good theory
- The mapping process
- Introduction to Neoanalytic Therapies, Ego psychology and Self Psychology
- Individual Psychology
- Adlerian Therapy
- Social constructivism
- Humanistic therapies
- Client-Centered Approaches

- Carl Rogers and the Client-Centered Approach
- The Satir Approach
- Existential Therapy
- Gestalt Therapy
- Body-Mind Therapy
- Behaviorism, Classical and Operant Conditioning
- Observational learning
- Social learning theory
- Cognitive Therapy: Rational Emotive Behavioral Therapy (REBT)
- Constructivism, ABCDE
- The Feeling Good approach of David Burns
- Narrative Therapies
- Active Therapies vs. Passive Therapies
- Personalizing and Customizing Theory

LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

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