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## CNSK 1503: Theories of Counselling

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### **EFFECTIVE DATE**

September 2019

### **DEPARTMENT**

Counselling Skills

### **DESCRIPTION**

This course will provide students with an overview of the major theories that form the foundation of counselling practice and that provide a context for counselling interventions and techniques.

### **CREDITS**

2.5

### **YEAR OF STUDY**

1st Year Post-secondary

### **PREREQUISITES**

none

### **COREQUISITES**

none

### **COURSE LEARNING OUTCOMES**

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

- Locate themselves in counselling theory through critical reflection
- Develop self-awareness by identifying their own values, beliefs, needs, and areas for personal growth
- Describe theories, interventions, and practical approaches to counselling
- Evaluate theories through sociocultural, historical, and gender-related perspectives

### **PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)**

PLAR will be assessed by the Department according to standardized practice and using one or more of the following components: Challenge Exam, Demonstration, Interview, or External Evaluation.

## HOURS

Lecture: 45

## INSTRUCTIONAL STRATEGIES

Lecture, videos, group discussion/work, reflective writing, demonstrations, readings, peer and instructor feedback

## GRADING SYSTEM

Letter Grade (A-F)

## PASSING GRADE

C

## EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	30	Presentation or personal reflection paper
Assignments	20	Case study #1
Assignments	20	Case study #2
Assignments	15	Journal
Quizzes/Tests	10%	
Participation	5%	Professionalism and participation

## COURSE TOPICS

- Introduction to Theory
- Psychoanalytic Therapy
- Individual Psychology
- Person Centred Therapy
- Existential Therapy
- Gestalt Therapy
- Behavioural Therapy
- Cognitive Therapy (Includes Cognitive Behavioural Therapy – CBT)
- Feminist Therapy
- Trauma Informed Practice

- Family Systems and Systems Theories
- Post-Modern Approaches
- Integrative Perspective

## 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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### Broadway campus

1155 East Broadway  
Vancouver, B.C. Canada  
V5T 4V5

### Downtown campus

250 West Pender Street  
Vancouver, B.C. Canada  
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### Annacis Island campus

1608 Cliveden Avenue  
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