

Theories of Counselling

Education 870

Section: G001

Term: 2012 Fall

Instructor: Name: Dr. Nadia Gill

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Location: SFU-Surrey (tbc)

Day: Thursdays

Time: 4:30 8:20 PM

Discussion Topics: Students participating in this course will explore the role of theory in counselling practice. The goal of the course is to enable participants to formulate and articulate a workable theoretical framework to guide their counselling practice. Towards this goal, learners will: investigate their own values and beliefs about people, their social worlds, and change processes; study the major theories of counselling and psychotherapy; examine how theories emerge from, align with, and reflect assumptions about humans, our social worlds and change; critically engage in the process of selecting and/or integrating commensurable theories; understand the importance of therapeutic alliance and role of common factors; critically reflect on the clinical and research limits of theories; critically reflect on the application of theories to counselling in a multicultural milieu.

Basic familiarity with the major theories of counselling (e.g., psychodynamic, gestalt, person centered, cognitive-behavioural) is a prerequisite for this course. This course does not provide a historical survey of theoretical schools. Instead, emerging, current and foundational theories are organized by focus of therapy.

At the conclusion of the course, student will be able to demonstrate:

1. An understanding of aspects of the major psychotherapeutic theories in use today.
2. An understanding of the differences implicit in each theoretical perspectives;
3. An understanding of why theorists believe that various theories integrate or conflict.
4. The ability to be able to conceptualizing cases through the theoretical perspective of specific theories.
5. The ability to be able to develop a workable theory of counselling for therapeutic practice.

Grading: Concept Paper: (5 % of grade)

Critique Paper (15 % of grade)

Presentation (25 % of grade)

Major Paper (40 % of grade)

Participation & Facilitation in class/on-line (15 % of grade)

Required Texts: Two texts provide the foundational material for the course. Additional reading materials, available through the custom courseware, focus on specific aspects of theories that are relevant for students studying theories at a graduate level.

Required Textbook:

Day, S. X. (2007). *Theory and design in counseling and psychotherapy*. 2nd Ed. Boston, MA: Lahaska. (Houghton-Mifflin)

ISBN-10: 0618801456 ISBN-13: 978-0618801459

Recommended Texts: Corsini, R.J. & Wedding, D. (2011,2008). *Current Psychotherapies* (9th ed.). Belmont CA: Brooks Cole.

ISBN-10: 0495903361 ISBN-13: 978-0495903369

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Materials/Supplies:

Prerequisite/Corequisite:

Notes: Students in all Faculty of Education courses are responsible for knowing policies pertaining to academic integrity available on the website:
<http://students.sfu.ca/academicintegrity/policy/index.html>

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