

## **Introduction to Counselling Theories**

Education 323

Section: E100

Term: 2010 Fall

Instructor: Dr. Roger Frie

Phone: 778-782-4483

Office: EDB 8638

Email: roger\_frie@sfu.ca

Wednesday 4:30pm 78:20pm EDB 7500B

**Discussion Topics:** This course is designed to introduce students to the major theories underlying the work of counselling and psychotherapy. The course will examine a range of theories, including psychodynamic, existential, cognitive-behavioral, feminist and developmental frameworks. There will be an overarching focus on the sociocultural contextualization of theory and practice throughout the course. Implicit assumptions about human nature, and interpersonal interactions will be challenged, discussed and explored.

**Grading: Evaluation:**

Assignments in the course will provide students with an opportunity to become familiar with a variety of theoretical approaches and their implications and applications to human behavior and experience. Detailed descriptions of assignments will be distributed at the first class.

**Required Texts:** Corey, Gerald. (2008) Theory and Practice of Counseling and Psychotherapy. 8th Ed. Belmont, CA: Thompson Higher Education. ISBN - 13: 978-0-495-10208-3

This book provides an overview of different theories of counselling and psychotherapy. The text has not changed significantly from the previous edition. Students wishing to economize and willing to put up with the slight inconvenience of looking up equivalent material located in different parts of the text may purchase earlier (and used) editions.

Burston, D. & Frie, R. (2006). Psychotherapy as a Human Science. Pittsburgh: Duquesne University Press. ISBN - 13: 978-0-8207-0378-7

This book provides an overview of different philosophies of human nature and their applicability to counselling.

**Recommended Texts:** Mitchell, Stephen, A. and Black, Margaret, J. (1995) Freud and Beyond: A History of Modern Psychoanalytic Thought. New York: Basic Books. ISBN: 0-465-01404-6

An excellent and very readable overview of psychodynamic theory. Well worth buying for future reference.

**Materials/Supplies:**

**Prerequisite/Corequisite:** Prerequisite: Educ 220 and 60 credit hours

**Notes:** Students in all Faculty of Education courses are encouraged to review policies pertaining to academic

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integrity available on the Undergraduate Programs website:

[http://www.educ.sfu.ca/ugradprogs/student\\_r](http://www.educ.sfu.ca/ugradprogs/student_r)

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