

NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE

COURSE SYLLABUS

Course Title: Theories of Counseling

Course #: HSE* 203

Course Description: This is a course in which students will learn about the theory and practice of counseling. The student will engage in decision-making activities that require planning and applying theories and intervention strategies to hypothetical counseling situations. This planning includes consideration of the uniqueness of each client, the nature of the issue or problem experienced by the client, and the context in which the client is experiencing the problem.

3 semester hours

Pre-requisite/Co-requisite: HSE*201 and PSY*245

Course Objectives:

1. Demonstrate an understanding of the human service intervention process by:
 - a. describing the qualities and competencies of effective intervention.
 - b. describing the functions of direct intervention.
2. Demonstrate a basic understanding of Psychoanalytic, Adlerian, Person-Centered, Gestalt, Behavioral, and Cognitive-Behavioral Theories by:
 - a. describing the underlying assumptions of each theory regarding the nature of human behavior.
 - b. describing the major characteristics, strategies, and responsibilities of the clinician for each theory.
 - c. describing the responsibilities of the client for each theory.
 - d. describing the criteria used for evaluating intervention success for each theory.
3. Demonstrate an ability to analyze and apply appropriate intervention strategies for individuals, families, and other client systems.
4. Students will develop the ability to analyze and critique one of the major intervention theories and present their results to their colleagues.
5. Demonstrate knowledge of the Human Service Code of Ethics by:
 - a. describing ethical standards related to confidentiality, referral, qualifications, and dual relationships.
 - b. identifying legal and ethical issues from selected vignettes.