

Cluster	Course Title	Instructor	Credit	Semester
K	Theories and Practice of Counseling	Sang Min Lee	2	2016 Winter
Course Description				
Introduction to counseling and psychotherapy including the process, theories, techniques, and materials.				
Objective				
To provide students the awareness, understanding, practical and theoretical methods and skills to build basic counseling competency. Because the primary objective and rationale of this course emerges from a normal/developmental perspective, students should be reminded that some of the learning will focus on how to help clients grow up feeling relatively normal and healthy, how to help clients cope with what are diagnostically referred to as adjustment disorders, and to help them learn how to solve their own problems. Students will also learn how to provide specific skills in conducting needs assessments, setting and writing goals and objectives, selecting and implementing strategies, and completing evaluations for counseling program.				
Learning Method				
There will be a regular part of the class which involves active participation with a classmate in a model of learning that requires self-disclosure, role-playing, reliving parts of your own childhood and adolescence, etc. Part of each class session will be utilized to practice the counseling and therapy skills, therapeutic media, intervention strategies, counseling approaches presented hat session and techniques that apply to what has been covered.				
Contents				
This course is designed to introduce counselors to the theory and practice of counseling and psychotherapy. The following content is included: Counseling Model Counseling and Psychotherapy Ethical and Legal Issues in Psychological Interventions Culturally Responsive Counseling and Psychotherapy Psychodynamic Approaches Adlerian Approaches to Counseling Person-Centered Approaches Behavioral Approaches Rational Emotive Behavior Therapy Reality Therapy Approaches Systemic Approaches – Family Therapy Psychological Tests Discussion of Personal Theoretical Approaches				
Requirements				
Attendance and Journaling - I am a firm believer that a counselor should never use a technique or intervention with a client until the counselor has experienced it firsthand. I expect that you will be open to role-playing as a client when your partner				

is practicing the counselor's role and that your partner will be open to role-playing an adolescent when you are practicing being a counselor. Also, students will reflect on their previous experiences on a weekly basis while studying specific counseling theories and write 1-2 page reflection papers.

Self Analysis– This assignment is a self-assessment and exposition of your childhood and adolescence. You are to create an exposition in which you present your awareness, reflections, explorations, analysis, re-explorations and current understandings of your personality. If you have done this before, I want you to do it again, but this time add some new dimensions to your autobiographical statement, have some fun doing it and create it in such a way that you are gaining a fresher &/or broader &/or deeper perspective on your life.

Individual Project– This individual project is **not** a semester project. It is a project that begins with a paper developed for this class and continues throughout your program and your career as a counselor. Your project is to adopt or develop your own counseling theory/approach. The paper required in this class is the beginning of a journey to own a theoretical approach that will guide your counseling activities during practicum, internship, and your career. Continued development, improvement, and refinement are expected and required to be an effective counselor.

Mid-term & Final Examinations– The midterm and final examinations will consist of application type multiple choice and essay questions and be completed in a manner consistent with comprehensive examinations.

Evaluation

- Attendance and Journaling (**maximum 20 points**)
- Self Analysis (**maximum gain 10 points**)
- Group Project Paper and Presentation (**maximum gain 30 points**)
- Midterm Examination (**maximum gain 40 points**)

- Final Examination

Textbooks and Papers

Required texts –

Cory, Gerald (2005) *Theory and Practice of Counseling and Psychotherapy* – Seventh Edition, Thomson – Brooks/Cole, United States.

Recommended text –

American Psychiatric Association. (2000). *DSM-IV-TR*. Washington, D.C: Author.
American Psychological Association. (2009). *Publication manual of the American Psychological Association (6th Ed.)*. Washington, D.C: Author.