

Theories of Counseling and Practice II
Winter II 2006

Instructor: Beverlee J. Linder

COURSE DESCRIPTION:

A study of basic theories, principles, and techniques of counseling and of their application to therapeutic settings. Students actively practice counseling skills.

PRESENTATION OF THEORY ROLE PLAY:

Student(s) will prepare a 45-minute role play of an assigned theory. The role play should demonstrate how the assigned theory is applied to a counseling session. Situation and dialogue will be created by the student(s). Students not participating in the role play will be observers of the role play and identify, in writing, the theory and techniques used in the role play.

End of Term Observation:

The last week of class the instructor will be the client and students will take on the role of the therapist. They will write a short explanation of what they observed and why they used the techniques they used as the therapist.

QUIZZES:

There will be a 10 question quiz each week which will be taken after the theory presentation for that week. The questions will be from an outside source. This is to give students the feel for the multiple choice questions on the NBCC licensure exam.

STUDENT MANUAL:

The text for this course comes with a student manual and CD showing applications of the theories in the text. Students are to do the exercise in page 61 of the Student Manual – Genogram. Do the entire exercise. This is due Week 8.

PARTICIPATION:

Participation is a critical part of this course. It will be the student's responsibility to show the instructor that they understand the concepts and techniques covered in this course.

GRADING:

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|---------------------------|-----|
| Presentation - Role Play | 25% |
| End of Term Role Play | 25% |
| Participation | 35% |
| Quizzes | 5% |
| Student Manual – Genogram | 10% |

ASSIGNED THEORIES:

Psychoanalytic Theory
Cognitive Behavioral
Post Modern
Existential
Reality
Adlerian
Person-Centered
Behavioral
Gestalt
Feminist
Family Systems

FILM - Gloria

Week 9 Final student observation

ASSIGNED TEXT:

Theory and Practice of Counseling and Psychotherapy, Gerald Corey and accompanying student manual.