

**NOVA SOUTHEASTERN UNIVERSITY
CENTER FOR PSYCHOLOGICAL STUDIES**

COURSE OUTLINE

Course # & Title: CGPY 502 Counseling Theories & Techniques

Credit Hours: 3

Location/Section: Palm Beach/PG3

Dates: May 2, 3, 4, 2008
May 16, 17, 18, 2008

Instructor: M. Hal Silverman, Ed.D.
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Office: (813) 503-3707

Required Text:

Corey, G. (2009). Theory and practice of counseling and psychotherapy. (8th Ed.). California : Brooks/Cole. Bundle ISBN: 0495487287

Corey, G. (2009). Student manual for theory and practice of counseling and psychotherapy. (8th Ed.). California: Brooks/Cole.

Course Description:

This course surveys the field of counseling. It considers the various theories of counseling and issues in school settings and focuses on the development of school counseling skills including basic interviewing and other assessment skills, with an emphasis on therapeutic listening skills. Stress will also be placed upon the acquisition of skills related to empathy, the counselor-counselee relationship, and the establishment of a therapeutic alliance in the context of cultural diversity. Teaching methods will include modeling and role-playing, along with didactic presentations and readings.

Course Objectives:

Each student will be acquainted with the major schools of theory in counseling, and with related issues in mental health counseling, such as ethics, professional identity and practice, and other relevant topics. Students will demonstrate learning through discussions, exams, and role-playing, debates, and the student manual.

Course Competencies:

1. Differentiate among the basic concepts of major counseling theories.
2. Demonstrate active listening, attending, empathy and respect.
3. Demonstrate listening, probing, challenging, confrontation, interpretation and interviewing skills.
4. Demonstrate effective rapport building and the establishment of an effective therapeutic alliance with a student.
5. Describe and demonstrate setting of counseling goals, designing of intervention strategies, counseling techniques and activities and evaluation of outcome as utilized in the school setting.

Calendar of Assignments:

Weekend One:

Prior to the first class meeting on May 2, 2008 students will read and thoroughly understand the following chapters:

Read Corey: Chapters: 1, 2, 3, 4, 5, 7, 8, and 10

Read and complete the work in Corey's student manual: Chapters 1, 2, 3, 4, 5, 7, 8, and 10. **The student manuals will not be turned in until the end of class on May 18, 2008.**

Reading Topics: Introduction and Overview
 The Counselor: Person and Professional
 Ethical Issues in Counseling and Practice
 Psychoanalytic Therapy
 Adlerian Therapy
 Person Centered Therapy
 Gestalt Therapy
 Cognitive-Behavioral Therapy

Please come to class well prepared to demonstrate in a role-play situation two counseling theories and debate them as well.

Weekend Two:

Prior to the first class meeting on May 16, 2008 students will read and thoroughly understand the following chapters:

Read Corey: Chapters: 6, 9, 11, 12, 13, 14, 15 and 16

Read and complete the work in Corey's student manual: Chapters 6, 9, 11, 12, 13, 14, 15, and 16. **The student manuals will not be turned in until the end of class on May 18, 2008.**

Reading Topics: Existential Therapy
 Behavior Therapy
 Reality Therapy
 Feminist Therapy
 Postmodern Approach
 Family Systems Therapy
 An Integrative Perspective
 Case Illustration: An Integrated Approach in working with Stan

Please come to class well prepared to demonstrate in a role-play situation two counseling theories and debate them as well.

Grading Criteria:

Exams	40%
Role Playing	20%
Participation	20%
Student Manual	20%

Recommending Readings

Bergin, A.E. & Garfield, S.L. (Eds.) (1994). Handbook of psychotherapy and behavior change. (4th Ed.). New York: Wiley.

Bongar, B. & Beutler, L.E. (Eds.) (1995). Comprehensive textbook of psychotherapy. New York: Oxford University Press.

Bowlby, J. (1988). A secure base: parent-child attachment and healthy human. New York: Basic Books.

Giles, T.R. (Ed) (1993). Handbook of effective psychotherapy. New York: Basic Books.

Linder, R. (1986). The fifty-minute hour. New York: Delta Diamond.

Norcross, J.C. & Goldfried, M.R. (Eds.) (1992). Handbook of psychotherapy integration. New York: Basic Books.

Prochaska, J.O. & Norcross J.C. (1994). Systems of psychotherapy: A transtheoretical analysis. (3rd Ed.). Pacific-Grove, CA: Brooks/Cole.

Saltzman, N. & Norcross. J.C. (Eds.) (1990). Therapy's wars. San Francisco: Jossey-Bass Publishers.

Zeig, J.K. (Eds.) (1992). The evolution of psychotherapy/The second conference. New York: Brunner/Mazel.