

**CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS**

**NEW COURSE PROPOSAL**

DATE: 4.11.07

PROGRAM PSYCHOLOGY

AREA

**1. Catalog Description of the Course.** *[Follow accepted catalog format.]*

Prefix PSY Course# 370 Title Fundamentals of Counseling Theory Units (3)

3 hours lecture per week

☒ Prerequisites PSY 100, PSY 213 and PSY 217

☐ Corequisites

Description Overview of selected counseling theories and models used in private practice, school, and community settings. Focus is on relating theory to practice, counselor-client relationships, counseling in a culturally diverse society, case studies, methods of adult and child assessment, and professional ethics.

☐ Gen Ed ☐ Graded CR/NC ☐ Repeatable for up to \_\_\_\_\_ units

Categories

☐ Lab Fee Required ☒ A - Z Total Completions Allowed \_\_\_\_\_

**2. Mode of Instruction.**

	Units	Hours per Unit	Benchmark Enrollment	Graded Component	CS # (filled in by Dean)
Lecture	3	1	25	<input checked="" type="checkbox"/>	_____
Seminar	_____	_____	_____	<input type="checkbox"/>	_____
Laborator	_____	_____	_____	<input type="checkbox"/>	_____
y	_____	_____	_____		_____
Activity	_____	_____	_____	<input type="checkbox"/>	_____

**3. Justification and Learning Objectives for the Course.** (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) *[Use as much space as necessary]*

This is an elective in the psychology.

Learning Objectives:

Upon completion of the course students will be able to:

1. Compare and contrast the key concepts, techniques, therapeutic goals, and for selected counseling theories
2. Apply these theories to selected case studies of clients in different settings
3. Describe the counseling process and be able to differentiate counseling from advice-giving
4. Describe effective counseling techniques
5. Articulate the relationship between one's personal values, beliefs, and behaviors and the role of the professional counselor
6. Recognize common ethical issues that arise in counseling practice
7. Demonstrate knowledge of professional ethics and obligations

8. Describe personal characteristics, including strengths and weaknesses that influence counseling effectiveness
9. Describe the assessment process

4. Is this a General Education Course                      YES ☐                      NO ☒  
 If Yes, indicate GE category and attach GE Criteria Form:

**A (English Language, Communication, Critical Thinking)**

- |                        |                          |
|------------------------|--------------------------|
| A-1 Oral Communication | <input type="checkbox"/> |
| A-2 English Writing    | <input type="checkbox"/> |
| A-3 Critical Thinking  | <input type="checkbox"/> |

**B (Mathematics, Sciences & Technology)**

- |  |                          |
|--|--------------------------|
| B-1 Physical Sciences                          | <input type="checkbox"/> |
| B-2 Life Sciences – Biology                    | <input type="checkbox"/> |
| B-3 Mathematics – Mathematics and Applications | <input type="checkbox"/> |
| B-4 Computers and Information Technology       | <input type="checkbox"/> |

**C (Fine Arts, Literature, Languages & Cultures)**

- |                        |                          |
|------------------------|--------------------------|
| C-1 Art                | <input type="checkbox"/> |
| C-2 Literature Courses | <input type="checkbox"/> |
| C-3a Language          | <input type="checkbox"/> |
| C-3b Multicultural     | <input type="checkbox"/> |

**D (Social Perspectives)**

- |  |                          |
|--|--------------------------|
| E (Human Psychological and Physiological Perspectives) | <input type="checkbox"/> |
|--|--------------------------|

- |                      |                          |
|----------------------|--------------------------|
| UD Interdisciplinary | <input type="checkbox"/> |
|----------------------|--------------------------|

5. Course Content in Outline Form. *[Be as brief as possible, but use as much space as necessary]*

Introduction and overview  
The science and profession of counseling psychology  
Competent counseling in a culturally diverse society  
The therapeutic relationship  
The counselor: Person and professional  
The counselor's response to the client: Tactics and techniques of counseling  
Ethical issues in counseling  
The role of assessment in the therapeutic relationship  
An integrative perspective  
Psychoanalytic approaches  
Existential and gestalt approaches  
Person-centered approaches  
Behavior approaches  
Cognitive-behavior approaches  
Rational-emotive approaches  
Feminist and postmodern approaches  
Family systems approaches

Does this course overlap a course offered in your academic program? YES ☐ NO ☒

If YES, what course(s) and provide a justification of the overlap?

Does this course overlap a course offered in another academic area? YES ☐ NO ☒

If YES, what course(s) and provide a justification of the overlap?

Signature of Academic Chair of the other academic area is required on the consultation sheet below.

**6. Cross-listed Courses (Please fill out separate form for each PREFIX)**

List Cross-listed Courses

Signature of Academic Chair(s) of the other academic area(s) is required on the consultation sheet below

Department responsible for staffing:

**7. References.** *[Provide 3 - 5 references on which this course is based and/or support it.]*

Corey, M.A., & Corey, G. (2003). Becoming a helper (4th ed.). Pacific Grove, CA: Brooks/Cole.

Kottler, J.A., & Brown, R.W. (2000). Introduction to therapeutic counseling (4th ed.). Pacific Grove, CA: Brooks/Cole.

Martin D.E. (2002). Counseling and therapy skills (2nd ed.). Prospect Heights, IL: Waveland Press.

Meier, S.T., & Davis, S.R. (2001). The elements of counseling (4th ed.). Pacific Grove, CA: Brooks/Cole.

Corsini, R., & Wedding, D. (2005). Current psychotherapies (7th ed.). Belmont, CA: FE Peacock.

James, K., & Gilliland, B. (2003). Theories and strategies in counseling and psychotherapy (5th ed.). Boston: Allyn & Bacon.

**8. List Faculty Qualified to Teach This Course.**

Psychology faculty

**9. Frequency.**

a. Projected semesters to be offered: Fall ☒ Spring ☒ Summer ☐

**10. New Resources Required. YES ☐ NO ☒**

If YES, list the resources needed and obtain signatures from the appropriate programs/units on the consultation sheet below.

a. Computer (data processing), audio visual, broadcasting needs, other equipment)

b. Library needs

c. Facility/space needs

**11. Will this new course alter any degree, credential, certificate, or minor in your program? YES ☐ NO ☒**

If, YES attach a program modification form for all programs affected.

Harley Baker  
\_\_\_\_\_  
Proposer of Course

7 April 2007  
\_\_\_\_\_  
Date

## Approvals

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Program Chair

Date

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Curriculum Committee Chair

Date

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Dean

Date