NEW COURSE PROPOSAL

DATE: 4.11.07
PROGRAM PSYCHOLOGY

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 ☐ CR/NC ☐ Repeatable for up to units

Categories ☐ Lab Fee Required ☒ A - Z Total Completions Allowed

2. Mode of Instruction.

<table>
<thead>
<tr>
<th>Component</th>
<th>Units</th>
<th>Hours per Unit</th>
<th>Benchmark Enrollment</th>
<th>Graded Component</th>
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<tbody>
<tr>
<td>Lecture</td>
<td>3</td>
<td>1</td>
<td>25</td>
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<td>Seminar</td>
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<td>Laboratory</td>
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<td>Activity</td>
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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 ☐
   A-2 English Writing ☐
   A-3 Critical Thinking ☐
   
   B (Mathematics, Sciences & Technology)
   B-1 Physical Sciences ☐
   B-2 Life Sciences – Biology ☐
   B-3 Mathematics – Mathematics and Applications ☐
   B-4 Computers and Information Technology ☐
   
   C (Fine Arts, Literature, Languages & Cultures)
   C-1 Art ☐
   C-2 Literature Courses ☐
   C-3a Language ☐
   C-3b Multicultural ☐
   
   D (Social Perspectives)
   
   E (Human Psychological and Physiological Perspectives)
   
   UD Interdisciplinary ☐

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.]

8. List Faculty Qualified to Teach This Course.

Psychology faculty

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

5/25/2004 cp
### Approvals

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<th>Position</th>
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<tr>
<td>Program Chair</td>
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<td>Curriculum Committee Chair</td>
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