

Revised: Spring 2017

# MEN 225

## Counseling Therapies

**Faculty Name:** Annemarie Carroll, Debra Marks

**Program Head:** Annemarie Carroll

**Dean's Review:**

**Dean's Signature:** \_\_\_\_\_ **Date Reviewed:** \_\_\_/\_\_\_/\_\_\_

VIRGINIA WESTERN COMMUNITY COLLEGE  
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# **MEN 225**

## **Counseling Therapies**

### **COURSE OUTLINE**

**Prerequisites:** None

**Course Description:**

Studies various models of counseling theories and appropriate application of counseling techniques in the helping profession.. (VCCS MCR Description)

The primary emphasis of this course is on providing students with a comprehensive overview of several of the major theoretical approaches to counseling and psychotherapy. The specific theories included in this course include: Reality Therapy, Rational Emotive Behavior Therapy, Cognitive Therapy, Existential Therapy, Family Therapy and Mindfulness-based approaches. As learning is an active process, case studies, role plays, videotapes, small-group discussions and other in-class exercises will be used to promote student involvement with the course material.

**Semester Credits: 3 Lecture Hours: 3**

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# MEN 225: Counseling Therapies

## Course Outcomes:

### At the completion of this course, the student should be able to:

- Be familiar with the key terminology and theoretical constructs of each of the five counseling theories covered.
- Understand each theory's view of the therapeutic process; including assumptions concerning the goals of therapy, the roles of the client and therapist, and the nature of the therapeutic relationship.
- Demonstrate an introductory knowledge of the specific counseling techniques central to the various theories discussed.
- Demonstrate knowledge concerning the historical foundations of the five counseling theories.
- Be able to compare and contrast the essential features of the five counseling theories covered.
- Have begun to formulate their own theoretical position concerning counseling and the nature of change, through critical evaluation of the theories discussed in class.
- Demonstrate the ability to conduct research using the psychological databases.
- Demonstrate the ability to use APA style.

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# MEN 225: Counseling Therapies

## Required Materials:

1. Textbook
2. Internet access
3. Blackboard

## Textbooks:

Murdock (2013) Theories of Counseling and Psychotherapy, 3rd ed. ISBN: 9780132659789  
Wedding, D. & Corsini, R.J. (2014). Case Studies in Psychotherapy, 7th Ed., ISBN:978-1-285-17523-2

**The following supplementary materials are available:** None

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# MEN 225: Counseling Therapies

## Topical Description:

- Part One: What is a Theory?
- Part Two: Rational Emotive Behavior Therapy
  - Corey Chapter 10
  - Wedding & Corsini Chapter 5
- Part Three: Cognitive Therapy
  - Corey Chapter 10
  - Wedding & Corsini Chapter 7
- Part Four: Existential Therapy
  - Corey Chapter 6
  - Wedding & Corsini Chapter 8
- Part Five: Reality Therapy
  - Corey Chapter 11
- Part Six: Family Therapy
  - Corey Chapter 14
  - Wedding & Corsini Chapter 11

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