

Virginia Western Community College

MEN 225

Counseling Therapies

Prerequisites

None

Course Description

Studies various models of counseling theories and appropriate application of counseling techniques in the helping profession.

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****Required Materials**

Textbook
Internet access
Canvas

Textbook

Murdock (2017) *Theories of Counseling and Psychotherapy*, 4th ed. Pearson. ISBN: 978-0-13-424022-0

Other Required Materials

None

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.

Begin 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 psychological databases.

Demonstrate the ability to use APA style.

Topical Description

What is a Theory?

Cognitive Approaches

REBT

Cognitive Therapy

Reality Therapy

Existential Therapy

Family Therapy

Mindfulness-Based Approaches

Mindfulness Base Stress Reduction

Acceptance and Commitment Therapy

Dialectical Behavior Therapy

Notes to Instructors

None

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[ADA STATEMENT](#)