

COURSE SPECIFICATION DOCUMENT

NOTE: ANY CHANGES TO A CSD MUST GO THROUGH ALL OF THE RELEVANT APPROVAL PROCESSES, INCLUDING LTTC.

Academic School/Department:	Communications, Arts and Social Sciences
Programme:	Psychology
FHEQ Level:	6
Course Title:	Counseling Theory & Practice I
Course Code:	PSY 6415
Course Leader:	Dr Ira Konstantinou
Student Engagement Hours:	160
Lectures:	45
Seminar / tutorials:	15
Independent / Guided Learning	100
Semester:	Fall
Credits:	16 UK CATS credits 8 ECTS credits 4 US credits

Course Description

This course combines theoretical approaches to counseling with practical and experiential work. Students are introduced to an integrative, multi-cultural approach to counseling, which draws on a wide-range of theoretical perspectives, including psychoanalytic, psychodynamic, existential, and Gestalt approaches. Selected issues are discussed via case examples and videos, and guest lectures from visiting professionals.

Prerequisites: PSY 5200 and PSY 5100

Aims and Objectives

This course provides senior Psychology students with an introduction to the nature and scope of counseling theory and practice. It provides students with further grounding in their discipline, which also integrates well with other psychology courses. An additional aim is to familiarize students with key studies and debates in selected areas of the literature, developing a framework for in-depth study at a good academic level. This course encourages self-management and personal development through self-reflection and group working. It also promotes personal and multicultural insights, which are an integral benefit of the disciplines and skills of a psychological training in the social sciences.

Programme Outcomes:

6A.i, 6B.i, 6C.i, 6D.i, 6Dii, 6Diii

A detailed list of the programme outcomes are found in the Programme Specification. This is located at the Departmental/Schools page of the portal.

Learning Outcomes:

- Develop systematic knowledge of various models of psychotherapy and counseling theory
- Develop the ability to apply psychotherapeutic theory in practice.
- Gain insight into clinical assessment skills
- Develop inter-group skills via the practical sessions

Indicative Content

Theory

Sigmund Freud and Classic Psychoanalysis

Alfred Adler and Individual Psychology

Post- and Neo-Freudians: Analytical Psychology, Ego Psychology, Object Relations, Self-Psychology

Psychodynamic Therapy

Carl Rogers and Person-Centered Counseling

Existential Therapy

Gestalt Therapy

Narrative Therapy

Constructivist Therapy

Feminist Therapy

Skills Practice:

Questioning and Interviewing

Analyzing earliest recollections

Interpretation

Identifying a Focal Concern

Analyzing and responding to emotions

Empathic responding

Values clarification

Gestalt chair work

Theory into practice

Assessment:

This course conforms to the Richmond University Standard Assessment Norms approved at Academic Council on June 28, 2012.

Richmond, the American International University in London
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