

Calendar is only an example and may be quite different 1

**COUN 520 Syllabus**  
**Modes of Individual Counseling**

**Course Description**

Advanced study of major theoretical frameworks in counseling including models of personality, definitions of individual dysfunction, and approaches to treatment. Practice in case conceptualization and application of theories to counseling.

**Course Objectives**

<b>Outcome</b>	<b>Evaluation</b>
Discuss the application of cultural issues when utilizing different models of counseling.	Conceptualization Paper
Demonstrate a working knowledge of the philosophical history and philosophical concepts underlying the various counseling theories	Lecture, Conceptualization Paper
Explore personal values and belief and existing models of counseling to begin to develop a personal model of counseling.	Personal Theory Paper
Make hypotheses by creating theoretical case conceptualizations and treatment plans using the classical and evidence-based counseling theories.	Conceptualization Paper
Discuss efforts to research and validate various theories of counseling; discuss evidence-based models, and use of research to improve counseling effectiveness in the clinical mental health setting.	Lecture, Personal Theory Paper
Identify counseling interventions used by each of the main counseling approaches.	Conceptualization Paper, Personal Theory Paper, Final Exam

**Pre-Requisites**

Counseling 500 or concurrent enrollment in this course.

**Student Learning Outcome Language**

No assessment

**Calendar**

<b>Date/Topics</b>	<b>Readings/Resources</b>	<b>Bring to Class / Due</b>
<b>Week 1</b>	Ch. 1	

Calendar is only an example and may be quite different 2

Course Introduction On the road to finding your theory...		
<b>Week 2</b> Feminist Therapy & Black Liberation Psychology – A Theory, Foundation, and a Framework	Ch. 12	
<b>Week 3</b> Psychoanalysis / Freud	Ch. 2	
<b>Week 4</b> Adlerian Therapy	Ch. 3	
<b>Week 5</b> CBT and REBT	Ch. 5-6	
<b>Week 6</b> Reality / Choice Therapy	Ch. 7	
<b>Week 7</b> Existential Therapy	Ch. 9	
<b>Week 8</b> Person-Centered Therapy	Ch. 10	
<b>Week 9</b> Gestalt Therapy	Ch. 11	
<b>SPRING BREAK – 3/31</b> <b>NO CLASS ☺</b>		
<b>Week 10</b> Relational Cultural Theory (RCT)	Articles on Canvas	<i>Due: Case Conceptualization Exercise</i>
<b>Week 11</b> Narrative Therapy	Ch. 13	
<b>Week 12</b> Interpersonal Neurobiology & Mindfulness Approaches	Articles on Canvas	
<b>Week 13</b> Acceptance and Commitment Therapy (ACT)	Ch. 8	
<b>Week 14</b> Dialectical Behavioral Therapy (DBT)	Articles on Canvas	

Calendar is only an example and may be quite different 3

<b>Week 15</b> Transpersonal Approaches to Therapy & Integral Theory		<i>Due: Personal Theory Project on Canvas</i>
<b>Week 16</b> Final Exam (Class meets 5:00-6:50pm)		