Brief Course Outline

Course Title: Introduction to Counselling and Psychotherapy

Course Number and Section: PSYCHOL 3375F 550

Instructor Name(s): Lauren Giugno

Instructor Email(s): lgiugno@uwo.ca

Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL is the official and authoritative source of information for the course.

Course Description:
This course will present an overview of psychological theory that provides the basis for professional counselling and psychotherapy, as well as hands-on exercises to illustrate the core components of the helping relationship. Topics include: major theoretical systems and their associated strategies; various processes and techniques of therapeutic counselling; outcome measurement and evidence-based practice; ethics and professional issues.

Learning Outcomes:

- Compare the main theories of counselling and psychotherapy
- Explain and demonstrate various counselling skills used in psychotherapy and how theories differentially guides the specific techniques employed in therapy
- Describe the therapeutic process
- Prioritize the client and therapist variables that affect psychotherapy outcomes
- Appraise the importance of building, working within and terminating client-therapist relationships
- Justify the importance of professional boundaries
- Recognize the ethical standards that guide the practice of psychotherapists
- Develop self-awareness of personal qualities that may support and/or hinder attempts at being therapeutic for others

Textbooks and Course Materials:
### Methods Of Evaluation:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Due Date mm/dd/yy</th>
<th>Weight - %</th>
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<tbody>
<tr>
<td>Midterm</td>
<td>10/11/2024</td>
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</tr>
<tr>
<td>Assignment #1</td>
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<tr>
<td>Assignment #2</td>
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<td>Final Exam</td>
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<tr>
<td>Participation</td>
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In solidarity with the Anishinaabe, Haudenosaunee, Lünaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.

Tuesday, August 6, 2024