

Brief Course Outline

Course Title: **Counselling and Psychotherapy**

Course Number and Section

PSYCHOL

3375F 550

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Disclaimer: Information in the brief course outline is subject to change. The syllabus posted on OWL Brightspace 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: one outcome per entry

Understand the similarities and differences among helping professions that provide counselling and psychotherapy, including their educational path, roles, and scope of practice.

Analyze and compare the main theories and therapeutic approaches that inform counselling and psychotherapy, and apply them to appropriate client scenarios.

Explain and demonstrate foundational counselling skills, including active listening, effective questioning, reflective responding, and strategies for recognizing and avoiding common counselling roadblocks.

Understand and describe the therapeutic process.

Identify and prioritize the client and therapist factors associated with effective psychotherapy outcomes, including client characteristics, therapist attributes and the therapeutic relationship.

Justify the importance of professional boundaries

Recognize the ethical standards that guide the practice of psychotherapists and apply ethical principles to demonstrate ethical decision-making to case scenarios.

Develop self-awareness of interpersonal behaviours, personal qualities, values, beliefs, and biases that may support or hinder the development of effective therapeutic relationships with others.

Appraise the importance of building, working in and terminating client-therapist relationships.

Textbooks and Course Materials:

Required Textbook: Gladding, Counseling A Comprehensive Profession, 8th Ed, Pearson

Cost:\$ 229.50

E-book option available for rental

Cost: \$70

Methods of Evaluation: one assignment per entry

Assignment	Due Date mm/dd/yy	Weight - %
Midterm	10/30/2026	20
Written Assignment	11/6/2026	20
Written Assignment	12/4/2026	25
Final Exam	TBA	20
Participation		15

Friday, August 7, 2026

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For Textbooks and Course Materials (below), you are required to include the cost of each textbook or other learning material.

Note whether there are any restrictions that would prevent a student from using a second-hand copy. Here is some suggested text:

- Required textbook: [author, title, edition, publisher, date]. Cost: [insert amount].
 - Or include the weblink of the textbook's publisher site that includes the cost information.
- Students need to purchase this edition. Second-hand or older editions will not be sufficient.
- OR Students are welcome to purchase second-hand or earlier editions of this textbook.
- This course has an optional field trip that costs [insert amount].
- This course has a required field component that costs [insert amount].

In solidarity with the Anishinaabe, Haudenosaunee, Lūnaapéewak, and Chonnonton peoples on whose traditional treaty and unceded territories this course is shared.