

Brief Course Outline

Course Title: **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 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:

Counselling: A Comprehensive Profession, First Canadian Edition by Gladding, Samuel T. 1st (first) edition (2011). Pearson Canada

Printed copies of this text are available at the UWO bookstore.

[https://bookstore.uwo.ca/textbook-search?](https://bookstore.uwo.ca/textbook-search?campus=HC&term=W2025A&courses%5B0%5D=550_HC/PSY3375F)

[campus=HC&term=W2025A&courses%5B0%5D=550_HC/PSY3375F](https://bookstore.uwo.ca/textbook-search?campus=HC&term=W2025A&courses%5B0%5D=550_HC/PSY3375F)

This course has no additional in-course costs requirements.

Methods Of Evaluation:

Assignment	Due Date mm/dd/yy	Weight - %
Midterm	10/16/2025	20
Written Reflection Assignment #1	10/23/2025	20
Written Reflection Assignment #2	11/27/2025	25
Participation		15
Final Exam	TBD	20

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

Thursday, August 14, 2025