

Brief Course Outline

Course Title: Introduction to 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 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:

Counselling: A Comprehensive Profession, First Canadian Edition (2011). Gladding, Samuel T. Pearson Canada.

Methods Of Evaluation:

Assignment	Due Date mm/dd/yy	Weight - %
Midterm	10/11/2024	20%
Assignment #1	11/1/2024	20%
Assignment #2	11/29/2024	25%
Final Exam	TBD	20%
Participation		15%

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

Tuesday, August 6, 2024