

Brief Course Outline

Course Title: **Counselling and Psychotherapy**

Course Number and Section

PSYCHOL

3375G 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

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:

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

Cost: \$193.85

Methods of Evaluation: one assignment per entry

Assignment	Due Date mm/dd/yy	Weight - %
Midterm	2/12/26	20
Written Reflection Assignment #1	3/5/26	20
Written Reflection Assignment #2	4/2/26	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, December 11, 2025

Huron Brief Course Outline

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].