

COURSE SPECIFICATION DOCUMENT

NOTE: ANY CHANGES TO A CSD MUST GO THROUGH ALL OF THE RELEVANT APPROVAL PROCESSES, INCLUDING LTPC.

Academic School/Department:	Communications, Arts and Social Sciences
Programme:	Psychology
FHEQ Level:	6
Course Title:	Counseling Theory & Practice II
Course Code:	PSY 6420
Course Leader:	Dr Ira Konstantinou
Student Engagement Hours:	160
Lectures:	45
Seminar / tutorials:	15
Independent / Guided Learning	100
Semester:	Spring
Credits:	16 UK CATS credits 8 ECTS credits 4 US credits

Course Description

This course gives students the opportunity to build on the basic understanding and skills developed in PSY 6415, Counseling Theory and Practice I. Students choose to focus on two approaches from a wide range, including; psychodynamic, existential, Gestalt and cognitive-behavioral approaches. Current trends in counseling training and practice are discussed, and issues are examined via the analysis of case studies helped by videos and guest lectures from visiting professionals. Advanced aspects of the counseling skills model are practiced in classroom exercises, and students continue to participate in a facilitated group for self-development and reflection.

Prerequisites: PSY 5200 and PSY 6415

Aims and Objectives

This course focuses on cognitive, behavioral, and eclectic treatment approaches to counseling. Skills practice following the introduction of more advanced models of counseling enable students to apply theory into practice. Advanced theoretical models

include couples and family counseling, and group work. This course also aims to solidify a deeper understand of treatment systems. One aim of this course is to enable students to develop the ability to judge, evaluate and discern between multiple available approaches to counseling when applied to more complex psychological issues, developing treatment plans that are practical, appropriate and effective.

Programme Outcomes:

6A.i, 6B.i, 6C.i, 6D.i, 6Dii, 6Diii

A detailed list of the programme outcomes are found in the Programme Specification. This is located at the Departmental/Schools page of the portal.

Learning Outcomes:

- Develop systematic knowledge of more advanced models of psychotherapy and counseling theory
- Develop the ability to apply advanced models of psychotherapeutic theory in practice
- Expand on the knowledge of clinical assessment skills
- Develop further group leadership skills

Indicative Content

- Behavior Therapy and Cognitive-Behavioral Therapy (CBT)
- Reality Therapy
- Solution-Focused Brief Therapy (SFBT)
- Transpersonal Therapy
- Mindfulness
- Family and Couples Therapy
- Cognitive Analytic Therapy (CAT)
- Rational Emotive Behavior Therapy
- Personal Construct Counseling

Skills Practice

- Developing Strategies
- Systematic Desensitization
- Caring Confrontation
- Scaling
- Guided Imagery
- Genograms
- Treatment Planning
- CAT Treatment Plan
- Analyzing and Modifying Cognitions

- Rational Emotive Imagery
- Planning and Processing Homework

Assessment:

This course conforms to the Richmond University Standard Assessment Norms approved at Academic Council on June 28, 2012.

Teaching Methodology:

The course material will be covered in the following ways:

- I. Lecture presentations with the key concepts
- II. Group discussions on the reading material
- III. Internet sites related to psychology
- IV. Videos on psychology topics
- V. Skills Practice
- VI. Personal and Professional Development (PPD) Group Work

Bibliography:

See syllabus for complete reading list

Indicative Text(s):

Seligman, Linda and Lourie W. Reichenberg. *Theories of Counseling and Psychotherapy. Systems, Strategies, and Skills*. 3rd ed. Pearson, 2010

Journals

Journal of Counseling Psychology
Journal of Abnormal Psychology
Diagnostic and Statistical Manual (DSM-IV)

Web Sites

<http://www.apa.org>
<http://www.personalityresearch.org/journals.html>
<http://www.bacp.co.uk>
<http://www.ukcp.org.uk>
<http://www.ahpp.org>

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

Change Log for this CSD:

