



BAKER COLLEGE

STUDENT LEARNING OUTCOMES

PSY2410 Theories of Counseling
3 Semester Hours

Student Learning Outcomes and Enabling Objectives

1. Evaluate therapeutic approaches to counseling.
 - a. Explore historical and contemporary views and applications of counseling theories.
 - b. Examine key components of each theory.
 - c. Assess strengths, limitations, and applications of common theories.
 - i. Psychoanalysis
 - ii. Adlerian
 - iii. Person Centered
 - iv. Gestalt
 - v. Humanistic
 - vi. Cognitive theories including cognitive behavior therapy, rational emotive behavior therapy, and reality therapy.
 - vii. Brief and Solution Focused Therapy
 - viii. Theories associated with multiple client settings including families/systems, couples, and groups.
 - ix. Discuss applications of additional theoretical perspectives such as feminist, narrative, and positive approaches.
 2. Examine characteristics of effective counseling.
 - a. Discuss the different qualities of effective counselors.
 - b. Explore basic techniques used in counseling.
 - c. Identify common mistakes and pitfalls.
 - d. Consider the benefits of developing a personal theoretical orientation.
 - e. Explore the importance of cultural competence in counseling.
 3. Compare the roles, education, and practice setting of different types of counselors.
 - a. Discuss licensing, scope of practice, and continuing education.
 - b. Explore professional organizations related to counseling.
 4. Examine common ethical, legal, and policy issues related to counseling:
 - a. Consent
 - b. Privacy and confidentiality
 - c. Duty to warn
 - d. Dual relationships
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These SLOs are approved for experiential credit.

Effective: Fall 2017