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## Course Syllabus

11/FA DAAC 1311 630  
Counseling Theories

An examination of the major theories and current treatment modalities used in the field of counseling.

### TEXT

Theory and Practice of Counseling and Psychotherapy, 8th edition. Corey, Gerald, Brooks/Cole Publishing Co.

August 24th, 2011  
Introduction to Theory  
Reading assignment: Chapter 1

August 31st, 2011  
The Counselor: Person and Professional  
Reading assignment: Chapter 2

September 7th (census/drop date)  
Ethical Issues  
Reading assignment: Chapter 3

September 14th  
Psychoanalytic Therapy  
Reading assignment: Chapter 4

September 21st  
Adlerian Therapy  
Reading assignment: Chapter 5

September 28th  
Existential Therapy and Person Centered Therapy  
Reading assignment: Chapter 6, 7

October 5th  
Gestalt Therapy  
Reading assignment: Chapter 8

2

October 12th  
Behavior Therapy and Cognitive Behavior Therapy  
Reading: Chapters 9 and 10

October 19th  
Family Systems Therapy  
Reading: Chapter 14

October 26th  
An Integrative Perspective  
Reading : Chapter 15

November 2nd  
12 Step Approach  
Attend a 12 step meeting

November 9th  
New and Alternative Approaches  
Attend a counseling or therapeutic session or experience  
Document this in a two page, typed paper

November 30  
Presentations of new approaches; papers due.

December 7th  
Final Exam  
(Multiple choice)

Course objectives:

1. Demonstrate competency in general theory of counseling and psychotherapy, in major theories, and in alternative theories
2. Become familiar with the Texas Department of Health Services web site
3. Identify competencies and requirements for licensure in Texas
4. Identify the knowledge, skills, and attitudes of professional practices in therapy
5. Examine the 12 core functions of a substance abuse counselor

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructor's rights to academic freedom can be found in the Odessa College Student Handbook.

