

**DELAWARE TECHNICAL & COMMUNITY COLLEGE
COURSE SYLLABUS**

Campus: Collegewide

Department: Human Services

Course Number and Title: HMS 122 Theories of Counseling

Instructor Name:

Telephone:

E-mail:

Pre-Requisites: ENG 121, HMS 121, RDG 120, PSY 121

Co-Requisites: None

Course Hours and Credits: 3 class hours/0 lab hours/3 credits

Course Description:

This course is an overview of basic counseling theories and techniques in terms of the client-worker relationship.

Required Text: (To be selected at each campus.)

Materials: (To be selected at each campus.)

Method of Instruction: (Will be noted as campus classroom or on-line, etc.)

Manuals: (To be selected at each campus.)

Disclaimer: (Will vary depending on method of instruction)

CORE COURSE PERFORMANCE OBJECTIVES

Pertaining to Psychoanalytic, Adlerian, Existential, Person-Centered, Gestalt, Reality, Cognitive-Behavior, and Family Systems Therapy, the student will be able to:

1. Describe characteristics of an effective counselor which are held true by all the theories. (PGC: HST/GER/DAC 2, 9, 10; CCC 2, 4)
2. Explain general counseling practice issues and guidelines related to the counselor behaving ethically, managing values, using power, handling self-disclosure, therapeutically responding to client behavior, and preventing burn-out. PGC: HST/GER/DAC 2, 9, 10; CCC 2, 4, 8)

3. Explain the theories' basic assumptions about human nature, goals, key concepts, roles of the client and counselor, nature of the therapeutic relationship, and major techniques and procedures, advantages and disadvantages. (PGC: HST/GER/DAC 2, 9, 10; CCC 2, 4, 8)
4. Compare and contrast the theories' dimensions (noted in objective 3). (PGC: HST/GER/DAC 2, 9, 10; CCC 2)
5. Combine complementary elements from different theories in preparation for application to the practice of helping. (PGC: HST/GER/DAC 2, 9, 10; CCC 2, 4, 8)
6. Formulate a personal philosophy of counseling. (PGC: HST/GER/DAC 2, 9, 10; CCC 2, 4, 8)

MEASURABLE PERFORMANCE OBJECTIVES

(To be selected at each campus.)

Evaluation Criteria

Student will demonstrate proficiency on all the Measurable Performance Objectives at least to the 75% level. The final course grade will be derived from: Examinations 75% and Paper/Projects 25%. Grades will be computed using the following scale:

92 – 100 = A
83 – 91 = B
75 – 82 = C
0 – 74 = R

Students should refer to the Student Handbook for information on Academic Standing Policy, Academic Honesty Policy, and other policies relevant to their academic progress.