BAKER COLLEGE
STUDENT LEARNING OUTCOMES

PSY2410 Theories of Counseling
3 Semester Hours

Student Learning Outcomes & Enabling Objectives

1. Evaluate therapeutic approaches to counseling. (APA 1.2a,b)
    a. Explore historical and contemporary views and applications of counseling theories. (APA 1.2c)
    b. Examine key components of each theory. (APA 1.2a,b)
    c. Assess strengths, limitations, and applications of common theories. (APA 1.2a,b)
        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. (APA 1.2a,d; 1.3a)
    a. Discuss the different qualities of effective counselors. (APA 1.3a)
    b. Explore basic techniques used in counseling. (APA 1.3a)
    c. Identify common mistakes and pitfalls. (APA 1.3a)
    d. Consider the benefits of developing a personal theoretical orientation. (APA 5.1a)
    e. Explore the importance of cultural competence in counseling. (APA 3.3a)

3. Compare the roles, education, and practice setting of different types of counselors. (APA 5.1d)
    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: (APA 3.1c; 5.5c)
    a. Consent
    b. Privacy and confidentiality

c. Duty to warn
d. Dual relationships

Note: Each SLO/EO is aligned to the American Psychological Association (APA) guidelines for undergraduate learning outcomes.

These SLOs are not approved for experiential credit.

Effective: Spring 2018