

Montgomery County Community College
 HSW 202
 Theories of Individual Counseling
 3-3-0

COURSE DESCRIPTION:

Professionalization, ethics and the impact of values on the helping process are considered. Special attention is given to evaluation research (accountability), testing and report writing in diverse settings. Students develop their own theory of helping, explain its relationship to existing theories, and demonstrate its application(s).

REQUISITES:*Previous Course Requirements*

- HSW 101 Introduction to Human Services and the Helping Profession

Concurrent Course Requirements

None

| LEARNING OUTCOMES Upon successful completion of this course, the student will be able to: | LEARNING ACTIVITIES | EVALUATION METHODS |
|---|---|--|
| 1. Examine theory and practice of counseling via different methodologies. | Lecture/Discussion Assigned Readings Case Study Based Discussion | Exams/Quizzes Case Study Essays/ Quizzes |
| 2. Identify basic assumptions in counseling theories. | Lecture/Discussion AV/Multimedia Materials Case Study Based Discussion | Web-based Research Case Study Essays/ Quizzes |
| 3. Describe the application of counseling theories to common mental/behavioral health problems. | Lecture/Discussion AV/Multimedia Materials Self-Change Project Discussion | Required Component Needed for Portfolio - Self-Change Project |
| 4. Demonstrate clinical interviewing skills. | Lecture/Discussion AV/Multimedia Materials Case Study Based Discussion Self-Change Project Discussion | Case Study Essays/ Quizzes Required Component Needed for Portfolio - Self-Change Project |

| LEARNING OUTCOMES | LEARNING ACTIVITIES | EVALUATION METHODS |
|---|--|--|
| 5. Utilize the Ethical Standards of Human Service Professionals concerning ethical issues in individual counseling. | Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials | Exams/Quizzes Case Study Essays/ Quizzes |
| 6. Evaluate the efficacy of counseling techniques and theories in relationship to diverse populations. | Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials Professional Philosophy Statement Discussion | Exams/Quizzes Case Study Essays/ Quizzes Required Component Needed for Portfolio - Professional Philosophy Statement |
| 7. Demonstrate the use of the major technological tools used to assess clients behavioral health needs, E-therapy, and documentation. | Lecture/Discussion AV/Multimedia Materials Case Study Based Discussion Self-Change Project Discussion | Case Study Essays/ Quizzes Required Component Needed for Portfolio - Self-Change Project |

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Course Introduction & Review of Individual Theory
2. Writing Measurable Goals
3. Critical Thinking Applied to Analyzing Clinical Videos
4. Carl Rogers and the Importance of Relationship
5. Alfred Adler – Applying the Life Style Assessment
6. Critical Thinking Applied to Understanding “Changing For Good”
7. Counseling Techniques Associated with Rogers, Adler, and Prochaska
8. Monica McGoldrick and the Genogram
9. William Miller and Motivational Interviewing (MI)
10. Behavior Therapy and Applied Behavioral Analysis
11. Solution Focused Therapy: The “Miracle” Question
12. Counseling Techniques Associated with MI, Behavior Therapy, and Solution Focused Therapy
13. Gathering and Interpreting “Baseline Data” Based on Observation & Literature Review
14. Cognitive Behavior Therapy (CBT) and Positive Psychology
15. Existential Issues in Counseling (Victor Frankl)
16. Narrative Therapy – Why Stories Matter

17. Counseling Techniques Associated with CBT, Positive Psychology and Existentialism
18. Critical Thinking Applied to Understanding and Comparing Theories of Counseling

LEARNING MATERIALS:

Corey, G. (2016). *Theory and Practice of Counseling and Psychotherapy* (10th ed.). Belmont, CA: Thomson Brooks/Cole.

Prochaska, J.O., Norcross, J.C. & Diclemente, C.C. (1995) *Changing for Good*. New York: Avon.

Frankel, Victor E. *Man's Search for Meaning-W/New Forward* (6th ed.). Peng Rand.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

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| Prepared by: Fay Stokes | Date: 4/1998 |
| Revised by: M.L. Whitehill, Ed.D. and M. Rose, MSW, HS-BCP | Date: 9/19/2012 |
| VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. | Date: 9/20/2012 |
| Revised by: Maureen B. Rose, M.S.W., HS-BCP | Date: 12/17/2017 |
| VPAA/Provost or designee Compliance Verification: | Date: 1/10/2018 |



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.