



Psychology (PSYC) 406

Introduction to Theories of Counselling and Psychotherapy (Revision 4)

Status: Replaced with new revision, see the **course listing** [↗](#) for the current revision **ⓧ**

Delivery mode: Individualized study online [↗](#) with eText [↗](#)

Credits: 3

Areas of study: Arts or Social Science

Prerequisites: **PSYC 290** and **PSYC 388** are recommended.

Precluded: None

Challenge: PSYC 406 has a challenge for credit option.

Faculty: Faculty of Humanities and Social Sciences [↗](#)

Overview

This course examines the basic tenets and therapeutic processes that characterize various theoretical approaches to counselling/psychotherapy. The models are clustered according to the four major forces in psychology: Psychodynamic (Psychoanalytic, Adlerian); Behavioural and Cognitive-Behavioural (Behavioural, Cognitive-Behavioural, Reality); Humanistic (Existential, Person-Centred, Gestalt); and Contextual/Systemic (Feminist, Family Systems, Multicultural). Emphasis is placed on critical analysis of the various approaches as well as self-reflection in relation to values, beliefs, assumptions about human nature, and worldview.

Outline

Section I: Basic Issues in Counselling Practice

- Unit 1: Introduction and Overview
- Unit 2: The Counsellor: Person and Professional

Section II: First Force: Psychodynamic Theories and Techniques

- Unit 3: Psychoanalytic Theory
- Unit 4: Adlerian Theory

Section III: Second Force: Behavioural and Cognitive-Behavioural Theories and Techniques

- Unit 5: Behavioural Theory
- Unit 6: Cognitive-Behavioural Theory
- Unit 7: Control Theory/Reality Therapy

Section IV: Third Force: Humanistic Theories and Techniques

- Unit 8: Existential Theory
- Unit 9: Person-centred Theory
- Unit 10: Gestalt Theory

Section V: Fourth Force: Contextual and Systemic Theories and Techniques

- Unit 11: Feminist Theory
- Unit 12: Family Systems Theory
- Unit 13: Multicultural Theory

Section VI: Integration and Application

- Unit 14: An Integrative Perspective

Evaluation


To **receive credit** [↗](#) for PSYC 406, you must satisfactorily complete the midterm assessment and final exam, submit all the course assignments, and participate in the social networking activity. You must achieve a grade of 50 percent or better on the final exam and a course composite grade of 50 percent or better. The passing grade for the course is **D (50 percent)** [📄](#). The weighting of the composite grade is as follows:


Activity	Weight
Mid-term Assessment	25%
Case Study	25%
Social Networking Activity	5%
Personal Reflection Paper	15%
Final Exam	30%
Total	100%


The **final examination** for this course must be taken online with an AU-approved exam invigilator at an approved invigilation centre. It is your responsibility to ensure your chosen invigilation centre can accommodate online exams. For a list of invigilators who can accommodate online exams, visit the **Exam Invigilation Network** [↗](#).

To learn more about assignments and examinations, please refer to Athabasca University's **online Calendar** [↗](#).

Materials

Corey, G. (2011). *Theory and practice of counseling and psychotherapy*. (7th ed.). Scarborough, ON: Brooks/Cole. 
(Print)

Corey, G. (2009). *Student manual for theory and practice of counseling and psychotherapy*. (7th ed.). Scarborough, ON: Brooks/Cole. 
(Print)

Corey, G. (2013). *Case approach to counseling and psychotherapy*. (8th ed.). Scarborough, ON: Brooks/Cole.  (eText)

eText

Registration in this course includes an electronic textbook. For more information on **electronic textbooks** [↗](#), please refer to our **eText Initiative site** [↗](#).

Other Materials

All other materials can be accessed online via the course website.

Challenge for credit

Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge,

intellectual and/or other skills that would normally be found in a university-level course.

Full information about **challenge for credit** [↗](#) can be found in the Undergraduate Calendar.

Evaluation

To **receive credit** [↗](#) for the PSYC 406 challenge registration, you must achieve a grade of at least D (50 percent) on the final exam and a composite grade of **D (50 percent)** [📄](#).

Activity	Weight
Case study Paper	30%
Exam	70%
Total	100%



Challenge for credit course registration form

Important links

- › **Academic advising** [↗](#)
- › **Program planning** [↗](#)
- › **Request assistance** [↗](#)
- › **Support services** [↗](#)

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from

their individualized study counterparts.

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View **previous revision** [↗](#)
