

**WILMINGTON UNIVERSITY**  
**COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES**  
**BASIC COURSE INFORMATION**

**COURSE TITLE:** Counseling Process: Techniques and Applications  
**COURSE NUMBER:** PSY 403

**I. COURSE DESCRIPTION:**

This course is an introduction to current theory about psychological counseling. Theories covered include cognitive approaches, behavior modification, psychoanalytic approaches, existential therapy, and others.

**II. MAJOR INSTRUCTIONAL GOALS:**

**GOAL A:**

The student will be familiar with various counseling theories and techniques.

**Learning Outcomes:** The student will:

- A-1 Describe various counseling theories.
- A-2 Identify key concepts and therapeutic process for each counseling theory.
- A-3 Identify key individuals associated with various counseling theories.

**GOAL B:**

The student will demonstrate applications of various counseling theories.

**Learning Outcomes:** The student will:

- B-1 Identify the specific skills and techniques related to various counseling theories; for example, cognitive, behavioral and psychoanalytic.
- B-2 Practice counseling skills and techniques using methods such as role play.

**GOAL C:**

The student will understand the appropriateness/effectiveness of certain techniques with certain counseling situations, but not with others.

**Learning Outcomes:** The student will:

- C-1 Demonstrate an underlying knowledge of strengths and weaknesses of each counseling approach.
- C-2 For each major diagnostic category, compare and contrast two major counseling styles.

**GOAL D:**

The student will develop an understanding of which theoretical approach best suits his/her personality and belief system.

**Learning Outcomes:** The student will:

- D-1 Clarify his/her own beliefs in relation to counseling related issues and human nature in general.
- D-2 Compare and contrast his/her own belief system with key concepts, philosophies and goals and various counseling theories.
- D-3 Identify compatibility between his/her personality and various counseling methods.

**GOAL E:**

The student will demonstrate an understanding of ethical issues related to counseling.

**Learning Outcomes:** The student will:

- E-1 Identify his/her own limitations as a counselor such as level of proficiency, experience with various client population, and personal biases.
- E-2 Identify various codes of ethics such as NASW, ACA, and APA.
- E-3 Explain legal and ethical implications of misrepresentation.

**GOAL F:**

The student will use appropriate written and oral communication.

**Learning Outcomes:** The student will be able to:

- F-1 Communicate information orally in a logical and grammatical manner.
- F-2 Present written information using standard APA style.