

PSY-407 Therapeutic Paradigms in Counseling Psychology (3 CHs)

Pre-requisites: None

Course Description

1. This course is designed to give an overview of the principles, foundations and basic assumptions of major theoretical orientations to psychotherapeutic treatment. The course will cover the history and evolution of these therapeutic approaches along with current research on the science and practice of clinical psychology. The course will enable students to understand and identify the conceptualization, diagnosis and treatment interventions from different theoretical orientations.

Course Objectives

2. The course is designed to:
 - a. Teach students the key concepts and assertions of each theoretical orientation to counseling/therapy
 - b. Give knowledge about case conceptualization, treatment goals and intervention strategies from different theoretical perspectives
 - c. Teach the strengths and weaknesses of different psychotherapeutic approaches

Course Learning Outcomes

3. At the end of the course students will be able to demonstrate:
 - a. Knowledge of key concepts and assertions of each theoretical orientation to counseling/therapy
 - b. Knowledge about case conceptualization, treatment goals and intervention strategies from different theoretical perspectives
 - c. Ability to identify the strengths and weaknesses of the different psychotherapeutic approaches

4. Course Contents

- a. Psychoanalysis and psychodynamic therapy
- b. Behavioral therapy
- c. Cognitive Behavioral Therapy
- d. Humanistic/Existential Therapy
- e. Interpersonal Therapy
- f. Systems Theory
- g. Mindfulness-based Cognitive Behavioral Therapy
- h. Solution- Focused Brief Therapy

5. Text Books

- a. Corey, G. (2015). *Theory and practice of counseling and psychotherapy*. Nelson Education.
- b. Cornish, J. A. E., Schreier, B. A., Nadkarni, L. I., Metzger, L. H., & Rodolfa, E. R. (Eds.). (2010). *Handbook of multicultural counseling competencies*. John Wiley & Sons

6. Reference Books

- a. Pomerantz, AM. (2014) *Clinical Psychology: Science, Practice and Culture, Third Edition. DSM-5 Update*. Sage Publications.

- b. Murdock, NL. (2012) *Theories of Counseling and Psychotherapy: A case approach, Third Edition*. Pearson Publications.