

PSY-321 - Counseling Psychology (3 CHs)

Prerequisite: PSY-318 - Clinical Psychology

Course Description

Introduces students to the science and practice of counseling psychology. Covers theories, research, ethical and multicultural competencies, assessment techniques, therapeutic processes, and professional roles across diverse settings.

Course Objectives

By the end of the course, students will be able to:

1. Explain the history, values, and roles of counseling psychology compared to other mental health professions
2. Describe and apply major counseling theories and interventions (e.g., person-centered, CBT, psychodynamic, existential, systemic)
3. Demonstrate ethical and culturally competent helping practices in diverse contexts of Pakistan
4. Conduct basic client assessment, conceptualization, and case formulation
5. Reflect on personal development and professional identity as emerging counselors

Course Learning Outcomes

Upon course completion, students will:

- Recognize counseling psychology's scope, including preventive, developmental, and remedial roles
- Apply theoretical frameworks to real-life and simulated counseling scenarios with reference to Pakistan
- Demonstrate counseling skills through role-play and peer feedback
- Evaluate ethical dilemmas using APA/BPS frameworks
- Practice self-awareness through reflective assignments

Course Content

- Introduction
- Theories & Models
- Self as a counsellor
- Counseling Process & Skills
- Assessment & Case Conceptualization
- Crisis intervention
 - Psychological First Aid
- Ethics & Legal Issues
 - Ethical codes (APA/BPS), confidentiality, consent
 - Professional boundaries and referral practices
- Multicultural Issues
 - Cultural competence, power, privilege, identity development
 - Working with marginalized populations
- Specialized Areas & Contexts
 - Career development counseling
 - Group counseling, marriage and family approaches

- School, community, and clinical settings
- Research & Evidence-based Practice internally and in Pakistan
 - Counseling process/outcome research
 - Critique and application of evidence
- Personal & Professional Development (Pakistan context)
 - Reflective practice, self-care, supervision, and vicarious trauma mitigation

Textbooks

Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2023). *Intentional interviewing and counseling* (10th ed.). Brooks/Cole.

Gelso, C. J., & Fretz, B. R. (2014). *Counseling psychology* (3rd ed.). Pearson Education.

Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.

Reference Books

American Psychological Association. (2010). *Ethical principles of psychologists and code of conduct*. <https://www.apa.org/ethics/code>

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). American Psychological Association