

## **PSY-428: Advanced Counseling Skills (3 CH)**

**Pre-requisites:** Foundational counseling skills

### **Course Description:**

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:**

The course will facilitate students to;

- Develop knowledge of key concepts and assertions of each theoretical orientation to counseling/therapy
- Gain knowledge about case conceptualization, treatment goals and intervention strategies from different theoretical perspectives
- Analyze the strengths and weaknesses of different psychotherapeutic approaches.

### **Course Learning Outcomes:**

At the end of the course students will be able to demonstrate:

- Knowledge of key concepts and assertions of each theoretical orientation to counselling/therapy
- Knowledge about case conceptualization, treatment goals and intervention strategies from different theoretical perspectives
- Ability to identify the strengths and weaknesses of the different psychotherapeutic approaches.

### **Course Contents:**

- Counselling Skills (face to face and e-counselling)
- Behavioral Therapy
- Cognitive Behavioral Therapy
- Humanistic Therapy
- Systems Theory
- Mindfulness-based Cognitive Behavioral Therapy

- Solution- Focused Brief Therapy
- Ethics in Therapy and Intervention

### **Textbooks:**

- 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
- Corey, G. (2016). *Theory and Practice of Counseling and Psychotherapy* (10th). Belmont, CA: Brooks/Cole. (latest edition)
- Sue, D. W., Sue, D., Neville, H. A., & Smith, L. (2022). *Counseling the culturally diverse: Theory and practice*. John Wiley & Sons.
- Frisby, C. L., & O'Donoghue, W. T. (Eds.). (2018). *Cultural competence in applied psychology: An evaluation of status and future directions*. Springer.

### **Reference Books:**

- Pomerantz, AM. (2014) *Clinical Psychology: Science, Practice and Culture, Third Edition. DSM-5. Update*. Sage Publications.
- Murdock, NL. (2012). *Theories of Counseling and Psychotherapy: A case approach, Third Edition*. Pearson Publications.