Administrative Unit: History & Social Sciences Department

Course Prefix and Number: PSYC 460

Course Title: Introduction to Clinical and Counseling Psychology

Number of Credit Hours: 3  Lecture Hours: 3  Laboratory Hours: 0

Catalog Description: Contemporary theory and practices in clinical and counseling psychology. Psychotherapy interventions are studied from the psychoanalytic, cognitive, family, behavioral and existential perspectives. Research, legal and ethical issues are examined as they relate to the counselor as a person and as a professional.

Prerequisites: Six hours of PSYC courses; junior standing. Offered odd spring.

Prerequisite(s)/Corequisite(s): Six hours of PSYC courses; junior standing.

Text(s): Most current editions of the following:


Course Objectives:

• To understand the practical domain of the clinical and counseling profession.
• To understand foundation theories, principles, concepts and techniques of clinical and counseling psychology.
• To understand ethics related to the practice of clinical and counseling psychology.
• To practice first-order therapeutic intervention skills.

Measurable Learning Outcomes:

• Understand basic personal and professional concerns related to clinical and counseling practice.
• Demonstrate resolutions to ethical issues in counseling.
• Understand the conceptual and theoretical basis for psychoanalytic therapy.
• Understand the conceptual and theoretical basis
for existential approaches to therapy.

- Understand the conceptual and theoretical basis for person-centered therapies.
- Understand the conceptual and theoretical basis for behavioral and cognitive therapies.
- Understand the conceptual and theoretical basis for reality theory.
- Understand the conceptual and theoretical basis for gestalt techniques used in therapy.
- Understand the conceptual and theoretical basis for feminist therapy.
- Understand the conceptual and theoretical basis for family systems theory.
- Demonstrate first-order counseling skills from a theoretical perspective of choice.

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<th>Topical Outline (major areas of coverage):</th>
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<tr>
<td>Students in this course are expected to conduct archival research, write a paper using APA style, and report their research findings to a forum of their peers.</td>
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<tr>
<td>- Introduction to clinical and counseling psychology</td>
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<td>- Personal and professional issues in counseling</td>
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<td>- Ethical issues in counseling</td>
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<td>- Psychoanalytic therapy</td>
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<td>- Adlerian therapy</td>
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<td>- Existential therapy</td>
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Material from this course may be tested on the Major Field Test (MFT) administered during the Culminating Experience course for the degree.

Recommended maximum class size for this course: 18

Library Resources: Online databases are available at [http://www.ccis.edu/offices/library/resources.asp](http://www.ccis.edu/offices/library/resources.asp). You may access them from off-campus using your eServices login and password when prompted.

Prepared by: Graham E. Higgs, Ph.D.  
Name:  
Signature:  
Date: March 6, 2006

NOTE: The intention of the master syllabus is to provide an outline of the contents of this course, as specified by the faculty of Columbia College, regardless of who teaches the course, when it is taught or where it is taught. Faculty members teaching this course for Columbia College are expected to facilitate learning pursuant to the course objectives and cover the subjects listed in the topical outline. However, instructors are also encouraged
to cover additional topics of interest so long as those topics are relevant to the course’s subject. The master syllabus is, therefore, prescriptive in nature but also allows for a diversity of individual approaches to course material.

Office of Academic Affairs
12/04