

PSY 234
Theoretical Concepts and Techniques of Counseling
Summer 2008
3 Credit Hours

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Course Materials:

You must purchase the Corey Packet: including Workbook, Textbook, and DVD. Used workbooks will not be allowed in class. All workbooks must be new. You must have these materials with you during our first meeting on May 26th.

Purpose:

It is imperative for Mental Health Counselors and Substance Abuse Professionals to have expert knowledge and skills to use in their practice of counseling. Practices that affect client progress and eventual successful outcome in the therapy process should be integrated in the theoretical philosophy of the counselor. Therapists must be comfortable with their personal beliefs and understand the processes of change, as well as become familiar with a variety of counseling techniques based on empirically based theories.

Course Description:

This course has been developed to study treatment issue specific to substance abuse disorders, including but not limited to the assessment of and service delivery to the special populations of adolescents, women and older adults, sexual orientations, and cultural uniqueness. The course will focus on how dual diagnosis disorders affect treatment protocols for substance dependent individuals and how both physical and mental disorder affect treatment planning and provision. Family and historical influences such as the generational affects of substance dependence, including examination of the issues surrounding the family systems concepts, how enabling changes system responses and the affect on children in the system will be studied. Twelve-step philosophies in treatment of substance abuse disorders, strengths and limitations of treatment settings and philosophies, including Motivational Interviewing, will be discussed and the effectiveness of the 12-step model for addressing this population will be explored.

Course Objectives:

1. Describe and demonstrate therapeutic skills.
2. Discuss treatment issues including dual diagnosis, adult children of alcoholics, family systems issues, cultural dimensions of substance abuse and issues specific to women, older adults, and gay/lesbian issues.
3. Compare and contrast specific treatment issues that arise.
4. Examine the concepts of denial and resistance to change, and strategies to enhance change.

Course Requirements:

All students are required to complete all course readings and workbook activities for the class.

Evaluation:

Students will be evaluated on workbook completion, an evaluation of an assigned theory, and a take home examination.

Course Format:

As an online course, it is imperative that students be self motivated to complete their assignments in a timely manner, while learning the material in an independent manner.