

**COURSE TITLE: COUNSELING THEORIES**

**COURSE CODE: GC 1104**

**HOURS TAUGHT: 3 hrs per week**

**PREREQUISITES: None**

### **PURPOSE OF COURSE**

This course exposes students to the basics in the various counseling theories. These theories are the basis for actual counseling that the student – counselor are expected to conduct.

### **EXPECTED LEARNING OUTCOMES**

By the end of the course, the students should be able to;

Explain what each counseling theory entails.

Apply appropriate counseling theories to specific counseling contexts

### **COURSE CONTENT**

- Psychodynamic theories (Freudian, Jungian, Adlerian,
- Emotional – based Therapy
- Multimodal Therapy
- Transactional Analysis theory
- Strategic Therapy
- Group Therapy
- Rational – Emotive Theory

### **INSTRUCTIONAL MATERIALS AND / OR EQUIPMENT**

- Whiteboard and Markers
- Flip Charts
- LCD Projectors
- CDs, DVDs and Tapes

### **COURSE ASSESSMENT**

- Continuous assessment tests 20%

- Group and individual project (course work) 20%
- End-of-Semester Examination 60%

**Total 100%**

### **READING MATERIALS / LISTS**

Newman, B. & Newman, P. (1995) Development through life: A Psychological Approach; Cole publishing Company.

McConnel, J. V. (1974) Understanding Human Behaviour. Holt, Rinehart & Winston, Inc. Winter, D. G. (1996).

Zimbardo, P. G., weber, A. L &Johnsn, R. L. (2000) Psychology. 3<sup>rd</sup> ed. Person Education Company.

Wood, J. T. (2002) Interpersonal Communication: Everyday Encounters, 3<sup>rd</sup>ed; Wadsworth Group.

Gesinde, S. A. (1999) Reading in counseling practicum. 3<sup>rd</sup>ed; Vantage Publishers (Int) LTD.

Kochhar, S. K (2000). Guidance and Counseling in colleges and Universities  
Bhatnager, A. & Gupta, N. (2000). Guidance and Counseling; vol 1: A  
Theoretical perspective.

Roeber, E. C., Walz, G. R., & Smith, E. G. (1969) A strategy for Guidance.