

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HMS 266

Credits: 3

Course Title: Counseling Psychology

Course Description: Studies major counseling theories, their contributions and limitations, and the application of each to a counseling interaction. Students develop their own personal counseling theory. Lecture 3 hours per week.

General Course Purpose: This course can be used to satisfy the requirements of the Human Services AAS degree by the college. In addition to human service majors, this course offers students in other disciplines an opportunity to explore and study the counseling, its process, theories, and how theories are applied with diverse client systems.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Identify major counseling theories, principles, and applications;
- b. Understand the role of counseling as a tool in the human services professional's arsenal;
- c. Identify the stages of the counseling process;
- d. Discuss the significance and importance of ethics in the counseling relationship; and
- e. Cite how human diversity impacts the counseling process.

Major Topics to Be Included:

- a. Fundamentals of the Counseling Process
- b. Counseling Strategies and Techniques
- c. Stages of Counseling
- d. Major Theories for Counseling
- e. Ethics and Diversity in Counseling

Date Created/Updated (Month, Day, Year): January 28, 2019