

AMERICAN UNIVERSITY OF BEIRUT
Department of Education

EDUCATION 330
THEORIES IN GUIDANCE AND COUNSELING

PURPOSE

The purpose of this course is to provide an in-depth understanding of representative counseling theories or orientations and the methods/ techniques they frequently use. Moreover, it provides opportunities for learning basic skills in counseling and practicing them in the context of the course. Special emphasis is on theories and related techniques of relevance to the delivery of guidance and counseling services in educational settings.

TEXTBOOK:

Corey, Gerald , Sixth edition, (2002). Theory and practice of Counseling and Psychotherapy. Belmont California: Brooks/ Cole.

Ivey, Allan (1993). Basic Attending Skills. Massachusetts: Micro training Associates.

SUPPLEMENTARY TEXT:

Corsini, R.J., Fifth edition (1995). Current Psychotherapies (5th edition). Illinois: Peacock.

ADDITIONAL SOURCES:

Baker, Stanely (1992). School Counseling for the Twenty-first Century. New York: Macmillan.

Brammer, Lawrence M. (1993). The Helping Relationship: Process and Skills. London: Allyn and Bacon.

Collier, Helen V. (1982). Counseling Women: A Guide for Therapists. New York: The Free Press.

Combs, Arthur W. and Gonzalez, David M. (1994). Helping Relationship: Basic Concepts for the Helping Professions. London: Allyn and Bacon.

Cormier, L. Sherilyn, & Hackney, Harold (1993). The Professional Counselor: A Process Guid to Helping. 2nd edition. London: Allyn and Bacon.

Cormier, W. H. & Cormier, L.S. (1985) Interviewing Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions (2nd edition). Monterey, California: Brooks/ Cole.

Dershimer, Riachard A. (1990). Counseling the Bereaved. Oxford: Pergamon Press.

Ehly, S., & Dunstin, R. (1989). Individual and Group Counseling in Schools. New York: Guilford.

Fremouw, William J., De Perczel, Maria, & Ellis, Thomas E. (1990). Suicide Risk: Assessment and Response Guidelines. London: Allyn and Bacon.

George, R.L., & Cristiani, T.S., (1986). Theory, Methods, and Processes of Counseling and Psychotherapy. (2nd edition). New Jersey: Prentice Hall.

Greenspan, Miriam: A New Approach to Women and Therapy. New York: Mc.Graw-Hill.

Hensen, J., Stevic, R., and Warner, R. Jr. (1994). Counseling: Theory and Processes. (5th edition). Boston: Allyn and Bacon.

Kanfer, F. H., & Goldstein, A. P. (1980). Helping People Change: A Textbook of Methods (2nd edition). New York: Pergmon.

Lerner, Harriet Goldhor, Women in Therapy, 1988. New York: Harper and Row.

Patterson, C. H. (1996). Theories of Counseling and Psychotherapy. New York: Harper Collins.

Ramirez. Manuel (1994). Psychotherapy and Counseling with Minorities: A Cognitive Approach to Individual and Cultural Differences. London: Allyn and Bacon.

Rogers, Carl (1979). Client-centered Therapy.

Sommers-Flanagan, John (1993). Foundation of Therapeutic Interviewing. London: Allyn and Bacon.

RELATED PROFESSIONAL JOURNALS

American Psychologists
Elementary School Guidance and Counseling
The Journal of Counseling Psychology
The Journal of Consulting of Clinical Psychology
The Journal of Counseling and Development
The Journal of Educational Psychology
The Journal of School Psychology
The school Psychologist

Course Objectives:

A. Role of Counseling and Counselor Ethics in Education Settings:

1. Write a brief description of the role of values in counseling
2. Define the following basic moral principles that are reflected in most professional codes of ethics: beneficence, nonmaleficence, autonomy, justice, and fidelity.
3. Discuss beliefs, attitudes, or assumptions on the part of the counselor, which could block or enhance working with diverse cultural populations.

B. Counseling Theories

1. Demonstrate an understanding of the main tenets of the assignments in class through oral questions, discussion, and written assignments.
2. For each counseling theory, identify and describe the basic concepts, history, and theory of personality, psychotherapy procedures, and applications.
3. Demonstrate facility in library research by writing a paper on a chosen topic in counseling.

C. Counseling Practice

1. Distinguish between appropriate and inappropriate counselor responses to client's conversation.
2. Demonstrate counselor skills in role-play, which reflect genuineness, positive regard, and empathy.
3. Demonstrate an understanding of a facilitative relationship through role-play, writing, and counseling with a pseudo-client.
4. Demonstrate an ability to discern the principles of various theories studied through work with a pseudo-client.

D. Guidance and Counseling Programs in the Schools

Demonstrate in writing your understanding of the components of a Guidance and Counseling Programs in Schools

TOPICS

TOPICS	READINGS
1. Introduction of class members	
2. The counselor: Person & Professional	Corey, Chapters 1 & 2 (pp. 15-31)
3. Ethical Issues in Counseling Practice	Corey, Chapter 3 Ivey, Chapter 3
4. The Person-centered Approach: Carl Rogers	Corey, Chapter 7
5. Transactional Analysis	Corsini & Wedding, Chapter 11
6. Gestalt Theory	Corey, Chapter 8
7. Behavioral Therapy	Corey, Chapter 10
8. Cognitive- Behavior Therapy	Corey, Chapter 11
9. Developmental Guidance and Counseling	Handout

MID-TERM EXAM

<p>9. FAMILY THERAPY</p> <p>GENDER ISSUES IN COUNSELING & EDUCATION</p> <p><u>How Schools Shortchange Girls</u></p>	<p>Corey, Chapter 13</p>
<p>10. MULTIMODAL THERAPY: Specific Student Problems DSM IV, and your own research.</p>	<p>Corsini, Chapter 13</p>
<p>11. CAREER COUNSELING</p>	<p>Hansen et al., Chap. 18</p> <p>Strong Interest Inventory Myers/ Briggs Type Inventory</p>

Course Requirements

1. Oral presentations: Assigned theories (Group work): **15 %**
2. Reflection Reports: Relevance of assigned theories to the Lebanese context **20 %**
3. Mid-term exam: **25 %**
4. Self- help project: Autobiography and connections to relevant theories: **25 %**
5. Demonstration of Counseling Skills: **15 %**