

Date Prepared: February 11, 2009

New       Revised  
(*Check One*)

Effective Date: Spring 2009

### **COURSE OUTLINE**

1. COURSE PREFIX and NUMBER: **HMS 266**      CREDIT HOURS: 3

2. COURSE TITLE: **Counseling Psychology**

3. PREREQUISITES: None

4. 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.

5. CONTENT: (Major Headings)

- a. The nature of Counseling
- b. Counseling as a New Experience
- c. Stages of Counseling
- d. Problems Counselors Face

6. GENERAL COURSE OBJECTIVES:

Upon successful completion of the course, the student will be able to:

- a. Identify counseling principles and philosophies.
- b. Understand the role of counseling as a tool in the human services professional's arsenal.