

Eastern Illinois University
REVISED COURSE PROPOSAL CSD 5520
Theories of Counseling

Please check one: ☐ New course ☒ Revised course

PART I: CATALOG DESCRIPTION

1. Course prefix and number, such as ART 1000: CSD 5520
2. Title (may not exceed 30 characters, including spaces): Theories Counseling
3. Long title, if any (may not exceed 100 characters, including spaces): Theories of Counseling
4. Class hours per week, lab hours per week, and credit [e.g., (3-0-3)]: 3-0-3
5. Term(s) to be offered: X Fall ☐ Spring X Summer ☐ On demand
6. Initial term of offering: Fall ☐ Spring X Summer Year: 2013

7. Course description:

This course provides a survey of major theories of counseling. Areas covered include history of each theory, theory of personality development, theory of counseling application, research, and use with diverse groups.

8. Registration restrictions:

a. Equivalent courses

- Identify any equivalent courses (e.g., cross-listed course, non-honors version of an honors course). None
- Indicate whether coding should be added to Banner to restrict students from registering for the equivalent course(s) of this course. ___ Yes X No

b. Prerequisite(s):

- Identify the prerequisite(s), including required test scores, courses, grades in courses, and technical skills. Indicate whether any prerequisite course(s) MAY be taken concurrently with the proposed/revised course. None
- Indicate whether coding should be added to Banner to prevent students from registering for this course if they haven't successfully completed the prerequisite course(s). ___ Yes X No

If yes, identify the minimum grade requirement and any equivalent courses for each prerequisite course:

c. Who can waive the prerequisite(s)?

___ No one ___ Chair ___ Instructor ___ Advisor ___ Other (Please specify)

c. **Co-requisites** (course(s) which **MUST** be taken concurrently with this one): **None**

d. **Repeat status:** X Course may not be repeated.

 Course may be repeated once with credit.

Please also specify the limit (if any) on hours which may be applied to a major or minor.

e. **Degree, college, major(s), level, or class** to which registration in the course is restricted, if any:
Courses numbered 5540 and above are open only to students who have been admitted to the Department of Counseling and Student Development or who have permission of the Department Chair.

g. **Degree, college, major(s), level, or class** to be excluded from the course, if any: **Undergraduates**

9. **Special course attributes** [cultural diversity, general education (indicate component), honors, remedial, writing centered or writing intensive]: **None**

10. **Grading methods** (check all that apply): ☒ **Standard letter** ☐ C/NC ☐ Audit ☐ ABC/NC
("Standard letter"—i.e., ABCDF—is assumed to be the default grading method unless the course description indicates otherwise.)

Please check any special grading provision that applies to this course:

☐ The grade for this course will not count in a student's grade point average.

☐ The credit for this course will not count in hours towards graduation.

If the student already has credit for or is registered in an equivalent or mutually exclusive course, check any that apply:

☐ The grade for this course will be removed from the student's grade point average if he/she already has credit for or is registered in (insert course prefix and number).

☐ Credit hours for this course will be removed from a student's hours towards graduation if he/she already has credit for or is registered in (insert course prefix and number).

11. **Instructional delivery method:** (Check all that apply.)

 X lecture ☐ lab ☐ lecture/lab combined ☐ independent study/research
☐ internship ☐ performance ☐ practicum or clinical ☐ study abroad
☐ Internet ☐ hybrid ☐ other (Please specify)

PART II: ASSURANCE OF STUDENT LEARNING

1. List the student learning objectives of this course:

- a. If this is a general education course, indicate which objectives are designed to help students achieve one or more of the following goals of general education and university-wide assessment:
- EIU graduates will write and speak effectively.
 - EIU graduates will think critically.
 - EIU graduates will function as responsible citizens.

Through readings, lecture, assignments and active class participation, students will

- a. examine the historical development of counseling theories.
- b. examine theories of counseling including the theoretical process of each theory.
- c. apply knowledge of the development of personality relevant to each theory.
- d. apply knowledge of legal and ethical issues related to each theory.
- e. analyze the application of each theory to a diverse population: social class, race, gender, lifestyles, education, and ethnicity.
- f. apply theoretical material to case studies.

- b. If this is a graduate-level course, indicate which objectives are designed to help students achieve established goals for learning at the graduate level:

Learning Goals	Objectives
• Depth of content knowledge	a-f
• Effective critical thinking and problem solving	
• Effective oral and written communication	b - f
• Advanced scholarship through research or creative activity	

2. Identify the assignments/activities the instructor will use to determine how well students attained the learning objectives:

a. Students will examine the historical development of counseling theories.	Learning Assessments
b. Students will examine theories of counseling including the theoretical process of each theory.	Learning Assessments; Staffing (Case Presentation)
c. Students will apply knowledge of the development of personality relevant to each theory.	Learning Assessments; Staffing (Case Presentation)
d. Students will apply knowledge of legal and ethical issues related to each theory.	Staffing (Case Presentation)

e. Students will analyze the application of each theory to a diverse population: social class, race, gender, lifestyles, education, and ethnicity.	Learning Assessments; Staffing (Case Presentation)
f. Students will apply theoretical material to case studies.	Staffing (Case Presentation)

- **Learning Assessments:** Learning assessments will be given covering each of the theories presented in this course. The learning assessment will be up of individual tests coving each respective theory. The learning assessment will consist of True-False and Multiple Choice items.
- **Staffing (Case Presentation):** Students will be assigned to a group of 5 or 6 students each. Each group will be presented with a client's case and the group will discuss the client's needs both with respect to assessment and treatment planning. The goal of the group is to come up with questions to ask the client, interpretations gleaned from the assessment information, and possible treatment goals and interventions.

3. Explain how the instructor will determine students' grades for the course:

Grades will be based on the following criteria:

Learning Assessment (Midterm)	40%
Learning Assessment (Final)	40 %
Staffing	20%
Total	100%

4. For technology-delivered and other nontraditional-delivered courses/sections, address the following: N/A

- Describe how the format/technology will be used to support and assess students' achievement of the specified learning objectives:
- Describe how the integrity of student work will be assured:
- Describe provisions for and requirements of instructor-student and student-student interaction, including the kinds of technologies that will be used to support the interaction (e.g., e-mail, web-based discussions, computer conferences, etc.):

5. For courses numbered 4750-4999, specify additional or more stringent requirements for students enrolling for graduate credit. These include: N/A

- course objectives;
- projects that require application and analysis of the course content; and
- separate methods of evaluation for undergraduate and graduate students.

6. If applicable, indicate whether this course is writing-active, writing-intensive, or writing-centered, and describe how the course satisfies the criteria for the type of writing course identified. N/A

PART III: OUTLINE OF THE COURSE

Provide a week-by-week outline of the course's content. Specify units of time (e.g., for a 3-0-3 course, 45 fifty-minute class periods over 15 weeks) for each major topic in the outline. Provide clear and sufficient details about content and procedures so that possible questions of overlap with other courses can be addressed. For technology-delivered or other nontraditional-delivered courses/sections, explain how the course content "units" are sufficiently equivalent to the traditional on-campus semester hour units of time described above.

Outline of the Course: 15 weeks of 150 minutes in class meetings.

Week	Lecture Topic
1	Introduction to Counseling Theories; Historical Development of Counseling Theories
2	Psychoanalysis/Psychodynamic Theories
3	Adlerian Therapy
4	Person-Centered Therapy
5	Existential Therapy
6	Learning Assessment (Midterm)
7	Cognitive Therapy
8	Rational Emotive Behavioral Therapy
9	Counseling Diverse Populations
10	Feminist Therapy
11	Gestalt Therapy
12	Staffings (Case Presentations)
13	Staffings (Case Presentations)
14	Staffings (Case Presentations)
15	Theory Integration; Developing a Personal Model
16	Learning Assessment (Final)

PART IV: PURPOSE AND NEED

1. Explain the department's rationale for developing and proposing the course.

This is a required course for the M.S. in Counseling. It is also a competency required for continued accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

- a. If this is a general education course, you also must indicate the segment of the general education program into which it will be placed, and describe how the course meets the requirements of that segment. N/A
- b. If the course or some sections of the course may be technology delivered, explain why. N/A

2. Justify the level of the course and any course prerequisites, co-requisites, or registration restrictions.

This is a required course for the M.S. in Counseling. It is also a competency required for continued accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

3. If the course is similar to an existing course or courses, justify its development and offering.

- a. If the contents substantially duplicate those of an existing course, the new proposal should be discussed with the appropriate chairpersons, deans, or curriculum committees and their responses noted in the proposal. None at the Graduate Level.
- b. Cite course(s) to be deleted if the new course is approved. If no deletions are planned, note the exceptional need to be met or the curricular gap to be filled.
Revised course only.

4. Impact on Program(s):

- a. For undergraduate programs, specify whether this course will be required for a major or minor or used as an approved elective.
- b. For graduate programs, specify whether this course will be a core requirement for all candidates in a degree or certificate program or an approved elective.

Required for graduate students admitted to M.S. in Counseling in the Department of Counseling and Student Development.

If the proposed course changes a major, minor, or certificate program in or outside of the department, you must submit a separate proposal requesting that change along with the course proposal. Provide a copy of the existing program in the current catalog with the requested changes noted. N/A

PART V: IMPLEMENTATION

1. Faculty member(s) to whom the course may be assigned:

Qualified Graduate Faculty in the Department of Counseling and Student Development.

2. Additional costs to students:

No additional costs to students.

3. Text and supplementary materials to be used (Include publication dates):

Day, S.X. (2009). *Theory and design in counseling and psychotherapy* (2nd ed.). Boston MA: Houghton Mufflin Co.

PART VI: COMMUNITY COLLEGE TRANSFER

If the proposed course is a 1000- or 2000-level course, state either, "A community college course may be judged equivalent to this course" OR "A community college course will not be judged equivalent to this course." A community college course will not be judged equivalent to a 3000- or 4000-level course but may be accepted as a substitute; however, upper-division credit will not be awarded.

N/A

PART VII: APPROVALS

Date approved by the department or school: 1/18/2012

Date approved by the college curriculum committee: 4/2/2012

Date approved by the Honors Council (*if this is an honors course*):

Date approved by CAA: Not applicable CGS: 8/28/12

*In writing-active courses, frequent, brief writing activities and assignments are required. Such activities -- some of which are to be graded -- might include five-minute in-class writing assignments, journal keeping, lab reports, essay examinations, short papers, longer papers, or a variety of other writing-to-learn activities of the instructor's invention. Writing assignments and activities in writing-active courses are designed primarily to assist students in mastering course content, secondarily to strengthen students' writing skills. In writing-intensive courses, several writing assignments and writing activities are required. These assignments and activities, which are to be spread over the course of the semester, serve the dual purpose of strengthening writing skills and deepening understanding of course content. At least one writing assignment is to be revised by the student after it has been read and commented on by the instructor. In writing-intensive courses, students' writing should constitute no less than 35% of the final course grade. In writing-centered courses (English 1001G, English 1002G, and their honors equivalents), students learn the principles and the process of writing in all of its stages, from inception to completion. The quality of students' writing is the principal determinant of the course grade. The minimum writing requirement is 20 pages (5,000 words).

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