**COURSE CODE:** IPA 6120  
**COURSE TITLE:** Theories of Individual Counselling  
**CREDITS:** 3  
**SESSION:** Fall 2014  
**PROFESSOR(S):** Cynthia Bilodeau, Ph.D.

### DESCRIPTION
This course is designed to introduce students to the major theoretical orientations that guide current practices of counselling and psychotherapy. We will examine each theory in light of their underlying theories of personality, theories of change, clinical applications, effectiveness and limitations.

### OBJECTIVES
- Acquire knowledge of the major theoretical approaches currently in use in the field of counselling and psychotherapy.
- Familiarize students with how the different theories are applied to practice.
- Familiarize students to offering care from a spiritual perspective to those in need.
- Provide students with knowledge that will help them critically analyze the counselling theories and articulate how they are similar or different.
- Help students in the identification of one’s own preferred/primary method of counselling.

### WORKLOAD
- Assigned readings
- Assignment on experiencing meaning in life
- Group presentations on a clinical tool
- Weekly discussion board
- Paper on theoretical approach to counselling

### ASSESSMENT
- Assignment on experiencing meaning in life (30%)
- Group presentations on a clinical tool (20%)
- Paper on theoretical approach to counselling (35%)
- Class participation: Discussion board (15%)

### MANDATORY READINGS


### OTHER READINGS

Other articles and documents that we will reference throughout the course.