



GRAND CANYON  
UNIVERSITY™

# CNL-500 | Theories and Models of Counseling Topics & Objectives

## COURSE DESCRIPTION

This course provides a comprehensive survey of the major counseling theories and principles. Coursework includes the following theories: psychoanalytic, Adlerian, existential psychotherapy, behavioral, cognitive behavioral, person-centered, reality therapy/choice theory, and rational emotive behavioral therapy (REBT).

## CREDITS

3

## PREREQUISITES

None

## CO-REQUISITES

None

### Topic 1: Overview of Counseling Theories

#### *Objectives:*

- 1.1: Explain the importance of counseling theories to professional counseling. [CACREP 2.F.5.a]
- 1.2: Describe the factors that should be considered when choosing a therapeutic approach with a specific client. [CACREP 2.F.5.a]
- 1.3: Examine the essential characteristics of an effective counselor.
- 1.4: Describe the key concepts of psychoanalytic theory and analyze its impact on contemporary thought.

## **Topic 2: Classical Psychotherapies**

### ***Objectives:***

- 2.1: Analyze neoanalytic, Jungian, and individual psychology therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]
- 2.2: Examine counseling populations for which neoanalytic, Jungian, and individual psychology therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]
- 2.3: Analyze the key concepts reflected in neoanalytic, Jungian, and individual psychology therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

## **Topic 3: Alternatives to the Classical Theories**

### ***Objectives:***

- 3.1: Analyze person-centered, existential, and Gestalt therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]
- 3.2: Examine counseling populations for which person-centered, existential, and Gestalt therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]
- 3.3: Analyze the key concepts reflected in person-centered, existential, and Gestalt therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

## **Topic 4: Behavioral Therapy and Rational Emotive Behavior Therapy (REBT)**

### ***Objectives:***

- 4.1:

Analyze behavioral and rational emotive behavior therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]

- 4.2: Examine counseling populations for which behavioral and rational emotive behavior therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]
- 4.3: Analyze concepts reflected in behavioral and rational emotive behavior therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

### **Topic 5: Cognitive, Cognitive Behavioral and Reality Therapies**

#### ***Objectives:***

- 5.1: Analyze cognitive, cognitive behavioral, and reality therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]
- 5.2: Examine counseling applications for which cognitive, cognitive behavioral, and reality therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]
- 5.3: Analyze concepts reflected in cognitive, cognitive behavioral and reality therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

### **Topic 6: Family Systems Theory and Therapies**

#### ***Objectives:***

- 6.1: Identify the key differences between Bowen family systems and structural and strategic models. [CACREP 2.F.5.a, 2.F.5.b]
- 6.2: Compare family systems approaches to individual counseling approaches. [CACREP 2.F.5.a, 2.F.5.b]
- 6.3: Apply the techniques from one family systems approach to a hypothetical family therapy situation. [CACREP 2.F.5.a, 2.F.5.b]

- 6.4: Analyze concepts reflected in family systems theories and therapies that are important to the development of a counselor. [CACREP 2.F.5.a, 2.F.5.b]

### **Topic 7: Feminist, Solution-Focused Therapy, and Narrative Therapies**

#### ***Objectives:***

- 7.1: Analyze feminist, solution-focused, and narrative therapies in terms of the role of client and counselor, goals of therapy, and types of counseling techniques employed. [CACREP 2.F.5.a]
- 7.2: Examine counseling applications for which feminist, solution-focused, and narrative therapies have empirical evidence of their effectiveness. [CACREP 2.F.5.a]
- 7.3: Analyze concepts reflected in feminist, solution-focused, and narrative therapies that are important in the development of a counselor. [CACREP 2.F.5.a]

### **Topic 8: Integrating Counseling Theories**

#### ***Objectives:***

- 8.1: Examine the current trends in counseling theories used in various clinical environments. [CACREP 2.F.5.a, 5.C.1.b]
- 8.2: Describe how a counselor can develop a focused and effective integrated theoretical approach. [CACREP 2.F.5.a, 5.C.1.b]

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