

# EDC 216: COUNSELING THEORY

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## In Workflow

1. GPSE Committee Chair (nevarezc@csus.edu)
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3. ED College Committee Chair (kdohara@csus.edu; b.rivas@csus.edu)
4. ED Dean (kdohara@csus.edu)
5. Academic Services (torsetj@csus.edu; cnewsome@skymail.csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Council on the Preparation of School Personnel Chair (mae.chaplin@csus.edu)
8. Dean of Undergraduate (james.german@csus.edu; celena.showers@csus.edu)
9. Dean of Graduate (cnewsome@skymail.csus.edu)
10. Catalog Editor (torsetj@csus.edu)
11. Registrar's Office (w lindsey@csus.edu)
12. PeopleSoft (PeopleSoft@csus.edu)

## Approval Path

1. Wed, 05 May 2021 22:51:57 GMT  
Carlos Nevarez (nevarezc): Approved for GPSE Committee Chair
2. Wed, 05 May 2021 22:56:38 GMT  
Carlos Nevarez (nevarezc): Approved for GPSE Chair
3. Fri, 17 Sep 2021 01:55:27 GMT  
Bitá Rivas (b.rivas): Approved for ED College Committee Chair
4. Fri, 17 Sep 2021 23:36:52 GMT  
Karen O'Hara (kdohara): Approved for ED Dean

## History

1. Apr 20, 2021 by Bitá Rivas (b.rivas)

Date Submitted: Wed, 05 May 2021 21:10:06 GMT

## Viewing: EDC 216 : Counseling Theory

**Last approved: Tue, 20 Apr 2021 06:49:35 GMT**

**Last edit: Fri, 17 Sep 2021 23:19:19 GMT**

Changes proposed by: Bitá Rivas (223000752)

## Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Bitá Rivas	b.rivas@csus.edu	3032173732

## Catalog Title:

Counseling Theory

## Class Schedule Title:

Counseling Theory

## Academic Group: (College)

ED - Education

## Academic Organization: (Department)

Graduate Professional Studies in Education

## Will this course be offered through the College of Continuing Education (CCE)?

No

## Catalog Year Effective:

Spring 2022 (2022/2023 Catalog)

## Subject Area: (prefix)

EDC - Education - Counselor Education

**Catalog Number: (course number)**

216

**Course ID: (For administrative use only.)**

116411

**Units:**

3

**Is the primary purpose of this change to update the term typically offered or the enforcement of prerequisites at registration?**

No

**In what term(s) will this course typically be offered?**

Fall term only

**Does this course require a room for its final exam?**

No, final exam does not require a room

**Does this course replace an existing experimental course?**

No

**This course complies with the credit hour policy:**

Yes

**Justification for course proposal:**

We are modifying to 1) add a pre-requisite, 2) modify the co-requisite, and 3) update the term offered in response to recommendations from our recent CACREP National Accreditation site visit.

**Course Description: (Not to exceed 80 words and language should conform to catalog copy.)**

Examination of ten counseling philosophies, with emphasis on knowledge and practice. Requires the refinement of one's own counseling orientation. Designed to provide students with a foundation in the basic philosophy and practice of contemporary theories of counseling/psychotherapy. The requirements support three components of multiple measures of learning and outcomes: 1) personal growth, 2) counseling skills building utilizing multiple approaches, 3) professional development.

**Are one or more field trips required with this course?**

No

**Fee Course?**

No

**Is this course designated as Service Learning?**

No

**Does this course require safety training?**

No

**Does this course require personal protective equipment (PPE)?**

No

**Does this course have prerequisites?**

Yes

**Prerequisite:**

Classified, or Admitted Student, in MS Counseling program

**Prerequisites Enforced at Registration?**

No

**Does this course have corequisites?**

Yes

**Corequisite:**

EDC 280. Please sign up for the same section of 216 and 280 as they are paired by section.

**Corequisites Enforced at Registration?**

No

**Graded:**

Letter

**Approval required for enrollment?**

No Approval Required

**Course Component(s) and Classification(s):**

Seminar

**Seminar Classification**

CS#05 - Seminar (K-factor=1 WTU per unit)

**Seminar Units**

3

**Is this a paired course?**

No

**Is this course crosslisted?**

No

**Can this course be repeated for credit?**

No

**Can the course be taken for credit more than once during the same term?**

No

**Description of the Expected Learning Outcomes: Describe outcomes using the following format: "Students will be able to: 1), 2), etc."**

1. Students will analyze the history and philosophy of the counseling profession and its specialty areas.
2. Students will analyze evidence-based contemporary theories, models, prevention techniques, and interventions for working with clients.
3. Students will analyze skills necessary for effectively communicating with and counseling clients
4. Students will analyze the counseling processes necessary in a multicultural society to provide theoretically consistent and culturally sensitive interventions.
5. Students will analyze counselor characteristics and behaviors that influence helping processes and apply essential interviewing and counseling skills
6. Students will analyze wellness and prevention theories and models as desired counseling goals and treatment considerations
7. Students will understand and analyze systems approach to conceptualizing clients
8. Students will analyze theories, models, and strategies for understanding and practicing consultation and supervision.
9. Students will analyze treatment planning within a theoretical framework and begin to identify a guiding theoretical foundation for their work with clients.
10. Students will analyze and identify values and personal beliefs/assumptions about people and gain insight into the relationships between personal beliefs, theory, and practice in counseling
11. Students will analyze ethical and culturally relevant strategies for establishing and maintaining in-person and technology assisted relationships.
12. Students will analyze the impact of technology on the counseling process.

**Attach a list of the required/recommended course readings and activities:**

EDC 216 Syllabus.pdf

**Assessment Strategies: A description of the assessment strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above.**

- Midterm/Final (ELO 1-12)
- Theory Paper (ELO 2-6, 8-9)
- In class, readings, case studies, and activities (ELO 1-12)

**Is this course required in a degree program (major, minor, graduate degree, certificate?)**

Yes

**Has a corresponding Program Change been submitted to Workflow?**

Yes

**Identify the program(s) in which this course is required:**

**Programs:**

- MS in Counseling
- MS in Counseling (Career Counseling)
- MS in Counseling (Marriage, Couple, and Family Counseling)
- MS in Counseling (Clinical Rehabilitation Counseling)
- MS in Counseling (School Counseling with Embedded PPS Credential)

**Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?**

No

**Will there be any departments affected by this proposed course?**

No

**I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.**

I/we agree

**University Learning Goals**

**Graduate (Masters) Learning Goals:**

- Critical thinking/analysis
- Communication
- Disciplinary knowledge
- Intercultural/Global perspectives
- Professionalism

**Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?**

Yes

**For the Council for the Preparation of School Personnel (to be filled out with assistance of your department chair):**

**Does this course change impact your department's currently written Program Standards Document?**

No

**Common Standards: In what way does this course or program change impact the currently written Common Standards document? Please include any suggested language changes:**

none

**Is this change in response to program or unit assessment activities?**

No

**Will this course introduce any new or changes to program assessments?**

No

**Is this a Graduate Writing Intensive (GWI) course?**

No

Key: 1264