

UNIVERSITY COLLEGE OF THE FRASER VALLEY

COURSE INFORMATION

DEPARTMENT: Human Services

DATE: January 1994

<u>Human Services 150</u>	<u>Approaches to Helping: A Theoretical Overview</u>	<u>3</u>
NAME & NUMBER OF COURSE	DESCRIPTIVE TITLE	UCFV CREDITS

CATALOGUE DESCRIPTION:

Through familiarization with the main values and issues underlying various therapeutic approaches in counselling/helping, the participants will work toward a better understanding, clarification and development of their own personal and helper values and style of helping. Participants will be exposed to basic therapeutic orientations, basic issues in helping, and ethical issues in being a helper. Participants will be encouraged to explore their own personal set of values which affects their helping style.

COURSE PREREQUISITES: HSER 120, PSYCH 101 or 250, or permission of instructor

COURSE COREQUISITES: none

HOURS PER TERM FOR EACH STUDENT	Lecture	30 hrs	Student Directed	
	Laboratory	hrs	Learning	hrs
	Seminar	15 hrs	Other - specify:	
	Field Experience	hrs	<u>Experiential</u>	15 hrs
			TOTAL	60 HRS

UCFV CREDIT 0
TRANSFER

UCFV CREDIT 0
NON-TRANSFER

NON-CREDIT 0

TRANSFER STATUS (Equivalent, Unassigned, Other Details)

UBC credits N/A

SFU credits 3 credits - Psychology (unassigned)

UVIC units N/A

Other Open University - 3 credits

Gloria Wolfson
COURSE DESIGNER

W.R. BATE, VICE PRESIDENT
DEAN OF CAREER PROGRAMS

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COURSES FOR WHICH THIS IS A PREREQUISITE:	RELATED COURSES
HSER 200, 230 (desirable)	

TEXTBOOKS, REFERENCES, MATERIALS (List reading resources elsewhere)

TEXTS: Corey, Gerald (1990). THEORY AND PRACTICE OF COUNSELLING AND PSYCHOTHERAPY (4th ed.). California: Brooks/Cole. 1990.

Student Manual for above text (optional).

OBJECTIVES:

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

- demonstrate an accurate understanding of the basic principles of the 9 helping models studied
- express their own philosophy of helping and articulate the underlying values and opinions
- demonstrate a working knowledge of various therapeutic techniques utilized to empower the helpees (assist them to accept responsibility for their own lives)
- identify and justify helper styles which are congruent with their own values and beliefs.

METHODS:

STUDENT EVALUATION PROCEDURE:

Students are expected to attend and participate in all class sessions.

Exams.....60%
Written Assignments.....40%

A+	=	> 95	C+	=	72 - 75
A	=	92 - 95	C	=	68 - 71
A-	=	88 - 91	C-	=	64 - 67
B+	=	84 - 87	P	=	60 - 63
B	=	80 - 83	NC	=	< 60
B-	=	76 - 79			

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COURSE CONTENT

Week 1	Introduction, overview
2	Psychoanalytic Therapy
3	Adlerian Therapy
4	Exam
5	Existential Therapy
6	Person-Centred Therapy
7	Gestalt Therapy
8	Transactional Analysis
9	Behaviour Therapy
10	R.E.T.
11	Reality Therapy
12	Exam
13	Review or Additional Material
14	Wrap up

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