

ANCCI UNIVERSITY  
P.O., Box 19805, Amarillo, TX 79114  
**THEORIES OF COUNCELLING**

**RATIONALE**

- This course presents an overview of the more widely accepted theories of counseling. Particular emphasis is placed on the history and development of the theories. The course introduces students to the basic construction of each theory and the corresponding method for counseling individuals.
- A brief overview of systemic and postmodern theories is also given. Learning outcomes include the capacity to outline and analyze each theory of counseling covered in the course and to apply theological themes and constructs to a particular counseling theory.

**OBJECTIVE**

- Read the TEXT BOOKS. Follow the required schedule as stated below.
- Comprehension Quizzes. The student will be given a series of six (6) quizzes to demonstrate the comprehension of assigned chapters. The quizzes will be ten short-answer questions with one bonus question. Attention will be given to the multicultural section, theoretical principles and historical context from each chapter.
- Research and write a 15 page paper that will demonstrate the understanding of a theory that was researched during the course. Do not include information about biological based treatments. Integrate some theological concepts in the theory research paper. (See Appendix A)

**STRATEGY**

Introduction- Course Orientation

1. Chapter 1,2 - Overview of Syllabus, Psychoanalysis and Related Theories
2. Chapter 3, 4, 5 - Existential and Gestalt Therapy
3. Chapter 6 - Person Centered Therapy
4. Chapter 7, 8 - Behavior Therapy and Cognitive Behavior Therapy
5. Chapter 9 - Choice Theory and Reality Therapy
6. Chapter 10 - Feminist Theory
7. Chapter 11 - Post Modern and Constructivists Theories
8. Chapter 12, 13 - Multicultural and non-Western theories/Integrative theories or counseling.
9. Wrap up and Clinical Application

**TEXT BOOK**

Sommers-Flanagan, J., & Sommers-Flanagan, R. (2004). *Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies and Techniques*. New Jersey: J. Wiley & Sons. 529 pp

**EVALUATION**

There will be a written or oral tests which will assess student's comprehension of the background and the content of the subject matter. All writing assignments will be done in the APA style. A copy of the APA Manual will be posted on-line. NOTE: The use of first person in these written assignments is unacceptable. The ANAS system of grading will be employed.