

**Common Course Outline**  
**CMDP 211**  
**Theories of Counseling**  
3 credit hours

**The Community College of Baltimore County**

**Description**

**Theories of Counseling**

Provides a survey of the major theoretical approaches to psychotherapy; explores psychoanalytic, Adlerian, Person-Centered, Gestalt, Existential, Cognitive-Behavioral, Rational Emotive and Reality Therapy and focuses on techniques associated with each theory.

Prerequisite: CMDP 110.

**Overall Course Objectives.**

1. Identify orally and in writing the key concepts of the following theories of counseling:
  - a. Psychoanalytic
  - b. Adlerian
  - c. Existential
  - d. Person Centered
  - e. Gestalt
  - f. Behavioral Therapies
  - g. Rational Emotive Therapy and other Cognitive-Behavioral Therapies
2. Differentiate among the theories listed in #1.
3. Compare and contrast various theories.
4. Identify those theories that fit best/do not fit well with the students' personal views and beliefs.
5. Given a case study, be able to describe how practitioners from several theories would conceptualize the problem the client presents.
6. Given a case study, be able to identify which theory/techniques would be most appropriate to utilize, and give a rationale for this decision.
7. Identify which theories/techniques might be most useful with specific sub-populations of chemically dependent clients.

**Major Topics**

1. Psychoanalytic therapy
2. Adlerian therapy
3. Existential therapy
4. Person Centered therapy
5. Gestalt therapy
6. Behavioral therapy
7. Cognitive-Behavioral therapy

## **Course Requirements**

Grading/Exams: Grading procedures will be determined by the individual faculty member but will include the following:

- Tests

- Case Studies

- Group Presentation/Role play of an application of a particular theory

- Attendance, participation and preparation

## **Other Course Information**

This course is a program requirement for the Chemical Dependency Counseling degree and certificate programs.