Course – Syllabus

Course 412 - Counseling Foundations

Professor: Steven Brubaker

Outline:

• Introduction to Psychology
• Sensation and Perception
• Emotions
• Motivation
• Learning Theory
• Social Psychology
• Child/Human Development
• Adolescent and Adult Development
• Personality
• Psychology of Religion
• Abnormal Psychology
• Psychotherapy and Personal Counseling (Counseling Theories)
• Understanding the Role of an Addiction Professional
• Ethical Practices

Course Description:

Counseling Foundations and Ethics

This course serves as the introduction to counseling theory from a Christian perspective. While many students resist “theory” and want to “get down to the practice,” a foundation in theory is critical. It is important for the Christian counselor to have a solid foundation in the principles of Psychology, Christianity, and the psychology of religion as they relate to understanding counseling and addiction. Recognizing various categories of mental health disorders in abnormal psychology and their relationship to substance abuse will be addressed.

This course also serves as the introduction to human developmental theories which are foundational in understanding the implications of the age of a person when they experienced trauma and/or the onset of behaviors leading to addiction. This critical understanding allows students to confidently deal with the dissonant behaviors between chronological and emotional “age” of many clients beginning recovery. This course expands the lay leaders’ and clinicians’ understanding of significant concepts and the vital role of normal human developmental needs.
In addition, this course addresses the wide range of ethical issues inherent in all steps identified within the Scope of Practice for addiction professionals and found in recovery support services. The course examines issues which may arise during initial screening, during treatment planning, and as a client progresses through treatment implementation and moves into recovery. The issues discussed relate to professional obligations, interactions with family and the community, as well as the process of documentation. Throughout this course, the participant will be asked to relate various points to their own situations, consider the various perspectives presented, and develop an ongoing awareness of their choices, decisions and behaviors in light of a high ethical standard.

**Overall Outcomes:**
The student will have an enhanced ability to understand, work with and counsel a broad range of client situations based on a solid foundation in counseling theories and foundational principles. The student will have an enhanced ability to differentiate between ethical and questionable decisions and behavior; and will be able to raise appropriate questions related to issues faced throughout the treatment process.

**Specified Outcomes:**
*While completing Counseling Foundations and Ethics the student will be able to:*

1) List contrasting and congruent principles of Psychology, Christianity, and the psychology of religion as they relate to understanding counseling and addiction.
2) Define and identify developers and principles of the theories of sensation & perception and motivation and correlate them to the development of emotions, thoughts, and behaviors.
3) Describe the impact of emotions, thoughts & behaviors on whole person development.
4) Identify major theoretical aspects and steps of human development to gain insight into the origins of addictive behavior and implications during recovery.
5) Establish a basis for recognizing the stages of child, adolescent, adult, and religious development in clients through listing and defining these stages.
6) Recognize various categories of mental health disorders in abnormal psychology and their relationship to substance abuse.
7) Recognize the value of various counseling theories and their contribution to relieving psychological distress.
8) Explain various ethical dilemmas in terms of their impact on professional practice.
9) Relate identified ethical challenges to the addiction counselor work situation.
10) Establish a personal process for addressing various issues in your own environment.
Textbooks:


Suggested Textbooks:

Supplementary Materials:

Specific Course Requirements:

Assignments and Projects:

Class Participation:

Grading Procedure and Grading Scale: