

2021-22 ACADEMIC CATALOG



Midway University

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Course

PSY 337 - Counseling Theory and Techniques

This course is designed to introduce students to the major schools of counseling and psychotherapy with an emphasis on theory and associated techniques. Through various modalities, students will learn the historical development of each major theoretical approach, including psychoanalytic, neo-analytic, person-centered, humanistic and affective, behavioral, cognitive, and family systems therapies. Students will also gain an understanding of the dynamics and complexity associated with counseling diverse populations in various settings. This includes cultivating an appreciation for the roles that diversity and personal values play in the counseling process. Prerequisite: PSY 180.

Grade Basis: L

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [PSY 180](#) - General Psychology

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Midway University

512 E. Stephens Street, Midway, KY 40347

1.800.952.4122