

**Common Course Outline**  
**HUSC 246**  
**Applied Theories of Counseling**  
**3 Credits**

**The Community College of Baltimore County**

**Description**

**HUSC 246 – Applied Theories of Counseling** introduces the major theoretical approaches to counseling, with a focus on the applied skills within each theoretical lens.

**3 Credits**

**Prerequisites:** HUSC 139

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. identify the key concepts and strategies in the major theories of counseling;
2. apply fundamental strategies from several counseling theories;
3. explore the advanced applications of Cognitive-Behavioral Therapy (CBT), including the marriage of mindfulness with CBT;
4. compare and contrast the major theoretical approaches to counseling;
5. analyze clinical case studies within a given theoretical lens of counseling;
6. frame clients' presenting problems within a given theoretical lens;
7. apply the strategies associated with a given theory to resolve case studies, and provide a rationale for the selection of that approach;
8. employ the strategies within one or more major theoretical approaches to counseling in recorded mock counseling sessions;
9. critically evaluate their own use of strategies in mock counseling sessions;
10. identify counseling strategies and approaches that are most appropriate for specific populations, including cross-cultural counseling, gender-responsive counseling, working with survivors of trauma, people with substance use disorders, children, and adolescents;
11. describe one or more evidence-based therapies and evaluate its application to a target population;
12. evaluate counseling theories in light of the students' own values and belief sets, and determine those which are the best fit; and,
13. demonstrate appropriate objective writing skills.

**Major Topics**

- I. Overview of early therapies (psychoanalytic, analytic, and individual psychology)
- II. Existential Therapies
- III. Humanist and Person-Centered Therapies
- IV. Gestalt Therapy

- V. Behavioral Therapy
- VI. Cognitive-Behavioral Therapy and its applications
- VII. Feminist Therapies
- VIII. Evidence-Based Therapies
- IX. Culturally-Responsive Therapies

### **Course Requirements**

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

### **Grading/exams**

- At least two examinations
- At least one written or oral case study presentation
- At least one mock counseling project with self-evaluation

Written Assignments: Students are required to use appropriate academic resources.

### **Other Course Information**

This course is a program requirement for students in the Behavioral Health Counseling Area of Concentration in the Human Services Counseling degree program, and may also be taken by students in other programs or majors. This course meets the Maryland Board of Professional Counselors and Therapists requirement for Theories of Counseling.