

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: THERAPEUTIC STUDIES
Code No.: CCW 227-3
Program: CHILD CARE AND ADOLESCENT WORKER (C.C.W.)
Semester: SECOND
Date: JANUARY 1987
Author: MARY E. RITZA

New: _____ Revision: X

APPROVED: N. Koch N. Koch
Chairperson

Jan. 16/87
Date

COURSE DESCRIPTION:

This course will focus on contrasts and comparisons of various approaches to counselling and therapy. These therapies will be examined from a theoretical approach to a limited degree with the primary focus being on the therapeutic process. This will include a look at the goals, the client-therapist relationship, and specific techniques applicable to both individual and group practices of the different therapies.

COURSE OBJECTIVES:

1. To confirm a basic understanding of the concepts of various therapies.
2. To relate the application of various treatment modalities to reflect the needs of the client.
3. To integrate the diverse methods into a wholistic framework that develops or enhances your personal style of therapy.
4. To provide an opportunity to share and reflect on our individual assumptions and approaches that we bring to the helping process.

LEARNING RESOURCES:

1. Provided by the College:

Handouts, library resources, tapes, films

2. Provided by the student:

Corey, Gerald, Theory and Practice of Counseling and Psychotherapy, Third Edition, Brooks Cole Publ. Co.

COURSE REQUIREMENTS:

1. Term Paper:

This paper is to be considered a major essay. It should be at least 1,800 to 2,200 words in length, typed, with proper references, footnotes and bibliography. It is to be handed in the second last day of class. It should compare at least three major therapies with respect to the theory, the goals, the techniques, the client-therapist relationship and your own evaluation of each therapy. Through these contrasts your own philosophy should be clarified and discussed. However, be sure to clearly separate what material is from research and what is your own.

2. Personal Journals:

Each week a journal should be handed in to reflect your feelings regarding the theories that are presented in the previous class. Such a personal statement should indicate some personal insights and/or applications to your work in the field.

3. Participation:

Each student is responsible for his/her attendance. This responsibility includes reading all assignments, sincere participation in class discussions and activities, and completion of assignments on time.

4. Tests:

There will be two term tests (one mid-term and one final).

FINAL GRADE BREAKDOWN:

1. Term Paper:	30%
2. Journals:	20%
3. Participation:	20%
4. Tests (2 x 15%):	30%
TOTAL	100%