Course Change Form

Date of Request: January 29, 2010

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Course Addition

1. Course Title: Introduction to Counseling and Psychotherapy
   Prefix & Num. PSY 4300

   2. Pre-requisite(s): PSY 3400 and junior standing
      Co-requisite(s): Instructor permission required: No

      Class Hours/Week:
      *LEC: 3.00
      *LBC w/cr: 2.00
      Clinical: 0.00
      Practicum: 0.00
      Independent Study: 0.00
      Credits: 4.00

   3. Semester to be Implemented: Fall, 2010
      Day ☑
      Extended Day ☐
      Grade type: Regular

   4. Cost Code: SOC103
      Lab Fee: $0.00
      Additional Fees: $0.00
      Potential WLF: 5.00

   5. Is this course designed for a specific group? No
      Who?

   6. Catalog Description: ☐ Now in Print, or ☑ Proposed Below:

      This course is designed to familiarize students with theories of counseling and psychotherapy, with an emphasis on the major models within the field. Theories will be critically evaluated, contrasted, and applied to a range of psychological problems and diverse populations. Students will also explore the historical background and developmental precipitants of each theory as well as the multicultural strengths and weaknesses of each counseling approach. Opportunity is provided to practice and refine counseling skills. This course is highly recommended for students interested in pursuing a counseling related profession. Prerequisite: PSY 3400 and junior standing. 3 lecture hours per week and 2 laboratory hours per week.

   7. Course justification (attach sheets if needed):
      This practical course will help students pursuing careers in the helping professions, and is in line with courses taught in other Utah universities.

   8. Are library resources adequate to support this change? Yes
      If not, how are those resources to be acquired?

   9. Are technical and other resources available? Yes
      If not, how are those resources to be acquired?

10. Relationship to the curriculum: Would the course fill a G.E. requirement? No
       If yes, which G.E. area?
       If it does not fill a G.E. requirement, would the course offer elective credit? Yes

11. Transferability of the course: List comparable courses at other colleges and universities:

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<th>G.E.</th>
<th>Elective</th>
<th>Course Title</th>
<th>Credits</th>
<th>Prefix &amp; Num.</th>
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Approval Signatures:

Department Chair: Adriam S. Jones
Date: 2/3/2010

Associate Dean/Dean: Su’veer B. R.
Date: 2/5/2010

Curriculum Chair: __________________________
Date: __________________________

Academic VP: __________________________
Date: __________________________