

# PSYC 214R: Counseling Theories and Techniques

Counseling Theories and Techniques is a course designed to provide students with a foundation in the theoretical concepts of the major theories of counseling and interviewing skills. Students will examine the theories and research as it applies to counseling and psychotherapy. Specific emphasis will be given to interviewing techniques and preliminary counseling skills necessary for effective interaction with clients. Topics also include basic assessment, ethics, diversity, and self-awareness.

**Credits:** 3

**Lecture Hours:** 3

**Prerequisites:**

PSYC 101R

**Program:** [Psychology](#)