

## PSY 410 : COUNSELING AND PSYCHOTHERAPY

This course serves as an introduction to the study of psychotherapeutic interventions in clinical/counseling psychology. The majority of the course is focused on examining the defining characteristics, efficacy, and effectiveness of various psychotherapies. Although specific techniques are reviewed, this course will in no way prepare students to conduct psychotherapy. Rather, the course serves as a good foundation for future study in the field. In addition to learning about psychotherapy approaches, this course also focuses on understanding the ethical practice of psychotherapy, future trends and issues in the field of psychotherapy, options for careers in psychotherapy.

3.000

PSY 374 or permission of the Instructor.

Psychology

Major, Minor, Elective credit.