

## COURSE DETAIL

### COUNSELING AND PSYCHOTHERAPY

**Country**

Barbados

**Host Institution**

University of the West Indies

**Program(s)**

University of the West Indies

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

106

**UCEAP Course Suffix****UCEAP Official Title**

COUNSELING AND PSYCHOTHERAPY

**UCEAP Transcript Title**

COUNSLNG&PSYCHTHRPY

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## **Course Description**

This course provides students with an introduction to the fields of counseling and psychotherapy in a complex, multicultural society, and highlights the differences and similarities between the two disciplines. The course is recommended for students planning on entering social science fields where interacting with and helping others in a therapeutic context is required. Topics covered include professional foundations of counseling (including ethics); an overview of the counseling process; key psychological theories and techniques as they are practiced in a variety of situations; the theoretical foundation of the profession; as well as the practice of basic communication, interviewing, therapeutic, and problem solving skills.

## **Language(s) of Instruction**

English

## **Host Institution Course Number**

PSYC 3008

## **Host Institution Course Title**

COUNSELING AND PSYCHOTHERAPY

## **Host Institution Campus**

UWI, Cave Hill

## **Host Institution Faculty**

## **Host Institution Degree**

## **Host Institution Department**

Government, Sociology and Social Work

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