

# COURSE DETAIL

## COUNSELING PSYCHOLOGY AND MENTAL GROWTH

**Country**

China

**Host Institution**

Fudan University

**Program(s)**

Fudan University

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

125

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

COUNSELING PSYCHOLOGY AND MENTAL GROWTH

**UCEAP Transcript Title**

CNSL PSY& MNTL GRWT

**UCEAP Quarter Units**

3.00

**UCEAP Semester Units**

2.00

## Course Description

Based on the theoretical foundations of counseling psychology, this course introduces different theoretical schools (psychodynamic, cognitive-behavioral, family therapy, art therapy, existential-group therapy, Chinese indigenous psychotherapy, etc.) and their distinct assumptions and intervention approaches regarding personality growth and psychological crises. Drawing from the history of counseling psychology and modern evidence-based scientific research and applications, the course helps students develop a fundamental understanding of common psychological states such as anxiety, depression, and obsessive-compulsive tendencies. Additionally, it provides basic concepts and actionable strategies for preventing psychological crises among emerging adulthood population.

## Language(s) of Instruction

Chinese

## Host Institution Course Number

GEMH10015

## Host Institution Course Title

COUNSELING PSYCHOLOGY AND MENTAL GROWTH

## Host Institution Course Details

<https://fdjwgl.fudan.edu.cn/student/for-all/lesson-search/teachingSyllabusInfo/...>

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

## Course Last Reviewed

2025-2026

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