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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