

SOC-451 : Counseling and Personal Development

A survey of the concepts and practices of the major contemporary therapeutic (theory) systems used in the helping professions. Primary focus is placed on helping approaches and the various frameworks or understanding change and motivation to change. Goal setting, decision making, self-awareness, learning one's own helping strengths and limitations, and referral techniques are also included.

Credits 3

Prerequisites

[SOC-101](#)

Term Offered

Spring Only

Session Cycle

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