



# Graduate Counselling and Applied Psychology (GCAP) 631

## Models of Counselling and Client Change (Revision 3)

**Status:**

Replaced with new revision, see the [course listing](#)  for the current revision 

**Delivery mode:**

Paced study 

**Credits:**

3

**Area of study:**

Counselling

**Prerequisites:**

None

**Precluded:**

None

**Faculty:**

Faculty of Health Disciplines 

**Notes:**

**This course is not open to non-program students.**

## Overview

This course critically examines a wide selection of contemporary counselling models according to their evidentiary support, guiding assumptions, historical and cultural context, and relationship to common factors of change. The intent of this course is to foster an open, inquisitive, appreciative, and flexible attitude towards counselling models associated with the four primary domains of human functioning: cognitive, behavioural, emotional, and relational. Students will also learn about, and critique, the various models of psychotherapy integration.

## Outline

- Lesson 1: Introduction to Models of Counselling
- Lesson 2: Deconstruction of Historical Foundations
- Lesson 3: Deconstruction of Cultural Foundations
- Lesson 4: Critical Deconstruction
- Lesson 5: Evidentiary Traditions in Counselling Outcome Research
- Lesson 6: Common Factors: The Dodo Bird and Beyond
- Lesson 7: Therapist Expertise and Soliciting Client Feedback
- Lesson 8: Preparation Week
- Lessons 9: Thoughts and Beliefs: Wiki Discussion
- Lesson 10: Behaviours: Wiki Discussion
- Lesson 11: Emotions/Sensations: Wiki Discussion
- Lesson 12: Interpersonal/Relational: Wiki Discussion
- Lesson 13: Counselling Models: Integration or Disintegration?

## Evaluation

To receive credit for GCAP 631, students must submit all of the course assignments. The passing grade for the course is 70%.



The weighting of assignments is as follows:

Activity	Weight
Learning Plan	Pass/Fail
Participation in Online Discussions	20%
Assignment 1: Person of the Counsellor Reflective Paper	15%
Assignment 2: Elevator Speech	15%
Assignment 3: Critical Deconstruction of Counselling Models Wiki	20%
Assignment 4: Practice Webpage	10%
Assignment 5: Website Supporting Literature	20%
<b>Total</b>	<b>100%</b>

## Materials

All course materials are available online.

## Important links

- › [Applicant Advising](#)
- › [Program Student Advising](#)
- › [Graduate Calendar](#) 
- › [Faculty of Graduate Studies](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

*Opened in Revision 3, May 10, 2017*

*Updated January 24, 2025*

View **previous revision** [↗](#)

---