

COUN 6962 - Counseling Theory

Fall 2026 Syllabus, Section 01, CRN 41916,

Credit hours: 3

Instructor

Jessica Meadows

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Public Instructor Information

Instructor Title: Jessica Meadows, MA, LPC, LSC

Instructor Professional Qualifications: Doctoral student, Kent State University, in progress

M.A.- Eastern Illinois University, Counseling, Concentration in School Counseling, CACREP Accredited, 2023

B.A.- Eastern Illinois University, Communications, 2010

Instructor Office Location: Beeghly Hall, Office of Psychological Sciences and Counseling (4th floor - RM 4101)

Instructor Office Phone: 330-941-3257

Course Description

6962. Counseling Theory. Basic principles of counseling in an educational context. Development of procedural bases for counseling and educationally oriented counseling theory. Ethics and limitations involved in counseling practices. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Theories of counseling and psychotherapy: Systems, strategies and skills (5th ed.).	Kress, V. E., Seligman, L., & Reichenberg, L. W.	
Optional	American Psychological Association (APA)	Publication manual of the American Psychological Association (7th ed.)	

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

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Schedule of Topics and Assignments

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Wed	8/26	Chapter 1	Review syllabus; Foundations of Effective Counseling	
Wed	9/2	Chapters 2 and 4	Psychoanalytic Therapy, Post and Neo-Freudian Therapies Demonstration on Presentation	Due before class: Quiz #1
Wed	9/9	Chapter 3	Adlerian Therapy	Due before class: Quiz #2
Wed	9/16	Chapter 5	Behavior Therapy	Due before class: Quiz #3 Due during class: Presentation #1
Wed	9/23	Chapter 6	Cognitive Behavioral Therapy	Due before class: Quiz #4 Due during class: Presentation #2

Wed	9/30	Chapter 7	Reality Therapy	Due before class: Quiz #5 Due during class: Presentation #3 Due by 11:59 PM: Self-Reflection Paper
Wed	10/7	Chapter 8	Contemporary Cognitive Behavioral Therapies	Due before class: Quiz #6 Due during class: Presentation #4
Wed	10/14	Chapter 9	Existential Therapy	Due before class: Quiz #7
Wed	10/21	Chapter 10	Person Centered Therapy	Due before class: Quiz #8 Due during class: Presentation #5
Wed	10/28	Chapter 11	Gestalt	Due before class: Quiz #9 Due by 11:59 PM: Selecting a Theory Paper
Wed	11/4	Chapter 12	Feminist Therapy	Due before class: Quiz #10
Wed	11/11		No Class- University Closed	
Wed	11/18	Chapter 13	Postmodern Therapy	Due before class: Quiz #11 Due before class: Prep your theory
Wed	11/25		No Class- University Closed	
Wed	12/2	Chapters 14 and 15	Family Systems Therapies & Integrative Therapies AND Final Class Wrap Up Review for the Final	Due by 11:59 PM: Personal Counseling Theory Paper
Wed	12/9		No Class- Final Exam	Final Exam – will be available on Blackboard on 12/2/26 after class and due today by 5:00 PM

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