

## CP5100 Counselling Theory and Techniques

3 credit hours. Prerequisites: None.

👤 On Campus, Saskatoon

‘A’ Livestream



Oct 2-3; Nov 6-7; Dec 4-5, 2026  
Friday, 5:30-8:30pm SK; Saturday 9-4pm SK  
Fall 2026 – Weekend Course

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Office hours: Tuesday – Thursday

### Course Goals

#### Course Description

This course examines the major theories of counselling and psychotherapy and their associated techniques. Course content includes critical examination of the underlying assumptions, research support, and applications of the major theories of counselling and psychotherapy. Students are introduced to the process of integrating theories as they develop their own framework for clinical practice.

#### Relationship to Horizon's Mission

This course prepares students for Spirit-empowered life and ministry by equipping them with the understanding and skills necessary to evaluate, interpret, and apply counselling and psychotherapy theory and techniques from a Christian perspective.

#### Course Competencies and Learning Outcomes

To demonstrate competency in the **acquisition of knowledge of counselling and psychotherapy theory**, students will:

1. Apply critical skills in evaluating the underlying psychological assumptions and efficacy of the major streams of counselling and psychotherapy theory and their associated techniques.
  - *Assessment:* Reading Guide, Class Presentation.
2. Recognize the benefits, limitations, and contraindications of differing theoretical approaches.
  - *Assessment:* Class Presentation, Test.
3. Reflect on the underlying philosophical assumptions of the major theories of counselling and psychotherapy and their appropriateness in Christian clinical practice.
  - *Assessment:* Personal Theory of Counselling / Psychotherapy Paper.

4. Integrate counselling and psychotherapy theories and techniques into one's personal theory of counselling/psychotherapy as a framework for clinical practice.
  - *Assessment: Personal Theory of Counselling / Psychotherapy Paper.*

## **Course Work**

### **\*\*Required Pre-Weekend Readings or Assignments**

*See each unit for pre-weekend readings or assignments.*

#### **Weekend One | October 2-3, 2026**

**Required Pre-Weekend Reading** (due October 2 at 5:30pm). Post a note in Populi to confirm you have completed the pre-module reading.

Tan, Siang-Yang. *Counseling and Psychotherapy: A Christian Perspective*. Second Edition. Grand Rapids, MI: Baker Academic, 2022. (ISBN: 9781540962904). Chapters 1, 2, 4, 5, 6, 17, 18, 19, and Appendix: *Is Psychotherapy Effective?*

**DTL**

Thomas, John C. *Counseling Techniques: A Comprehensive Resource for Christian Counselors*. Grand Rapids, MI: Zondervan, 2018. (ISBN: 9780310529446). Chapters 2, 9, 10, and 12.

**DTL**

#### **Weekend Two | November 6 -7, 2026**

**Required Pre-Weekend Reading** (due November 6 at 5:30pm). Post a note in Populi to confirm you have completed the pre-module reading.

Tan, Siang-Yang. *Counseling and Psychotherapy: A Christian Perspective*. 2<sup>nd</sup> Edition. Grand Rapids, MI: Baker Academic, 2022. (ISBN: 9781540962904). Chapters 7, 8, 9, and 11.

**DTL**

Thomas, John C. *Counseling Techniques: A Comprehensive Resource for Christian Counselors*. Grand Rapids, MI: Zondervan, 2018. (ISBN: 9780310529446). Chapters 4, 5, 6, 7, and 8.

**DTL**

#### **Weekend Three | December 4 – 5, 2026**

**Required Pre-Weekend Reading** (due December 4 at 5:30pm). Post a note in Populi to confirm you have completed the pre-module reading.

Tan, Siang-Yang. *Counseling and Psychotherapy: A Christian Perspective*. 2<sup>nd</sup> Edition. Grand Rapids, MI: Baker Academic, 2022. (ISBN: 9781540962904). Chapters 10, 11, 12, 13, and 14.

**DTL**

Thomas, John C. *Counseling Techniques: A Comprehensive Resource for Christian Counselors*. Grand Rapids, MI: Zondervan, 2018. (ISBN: 9780310529446). Chapter 6 and 7.

**DTL**

\*\*While students have the benefit of accessing many of their textbooks online through the [Digital Theological Library](#), they will not have access to the Digital Theological Library upon graduation. Therefore, we encourage students to purchase select textbooks to build their personal library.

**Recommended Resources**

Jones, Stanton L. and Richard E. Butman. *Modern Psychotherapies: A Comprehensive Christian Appraisal*. Westmont, Illinois: InterVarsity Press, 2011. (ISBN: 9780830828524)

McMinn, Mark R. and Clark D. Campbell. *Integrative Psychotherapy: Toward a Comprehensive Christian Approach*. Downers Grove, Illinois: IVP Academic, 2017. (ISBN: 9780830851768)

Worthington, Everett L., et al. *Evidence-Based Practices for Christian Counseling and Psychotherapy*. Downers Grove: IVP Academic, 2013. (ISBN: 9780830840274)

**Course Assignments and Activities**

1. *Reading Guide (5%)*

Read the assigned chapters as noted above from *Counseling and Psychotherapy: A Christian Perspective* and *Counseling Techniques: A Comprehensive Resource for Christian Counselors*. Post a note in Populi to confirm you have completed the pre-module reading. This assignment will be marked as pass or fail and is required for the completion of the course. Come to class prepared to engage in discussion and roleplays based on content from these chapters.

- Related learning outcomes: #1.
- **Due date:** As noted above.

2. *Class Presentation (30%)*.

Prepare a **30-minute PowerPoint presentation** to be delivered to the class based on one of the theoretical approaches outlined in Tan, *Counseling and Psychotherapy*: Adlerian, Gestalt, Emotion-Focused, Solution-Focused, Narrative, ACT, or DBT. Students will work and present individually or in pairs/groups, depending on class size. Email the professor stating your top 2 choices for the theoretical approach you would like to present on. Since there will only be one presentation per topic, the professor will coordinate which individual, pair, or group will present on which topic (first come; first served approach).

Depending on your assigned class presentation date, submit your PowerPoint presentation (including presentation notes and instructions for the technique you've selected for your peers to roleplay) to the professor by **Monday, September 21, Monday, October 26, or Monday, November 23**. The professor will review your presentation and provide feedback prior to the

class. Note: If you are assigned to work in a pair or group, you will have one week to prepare before class.

Include the following in your presentation:

- a) A brief introduction to the history of the theoretical approach including its founder or key figures
- b) A summary of the major theoretical ideas of the approach
- c) A summary of the theory's perspective on the therapeutic process and counselling relationship
- d) A brief outline of 3-5 major therapeutic techniques and interventions of the approach
- e) Critical examination of the approach including two strengths and two weaknesses
- f) A summary of a biblical perspective of the approach
- g) A summary of research evidence associated with the efficacy of this theoretical approach. Read in full, summarize, and cite **at least two primary<sup>1</sup> research studies** from peer-reviewed journal articles<sup>2</sup> that discuss the efficacy of this theoretical approach.
- h) An additional 5 minutes will be provided at the end of your presentation for you to describe one specific technique associated with this theoretical approach that fellow students will role-play in dyads at the conclusion of your presentation. Be prepared to provide clear instructions for fellow students about how to engage in this specific technique (an example will be listed on Populi).
- i) If applicable, use information from the corresponding chapter/s in Thomas, *Counseling Techniques* for your presentation (for example, if your topic is Behavior Therapy, include information from Tan, chapter 11 and Thomas, chapters 6 and 7).
- j) In addition to the two course textbooks and two journal articles, use a minimum of two other academic resources (books or peer-reviewed journal articles) for this assignment.
  - Related learning outcomes: #1 and 2.
  - **Assignment length:** 30-minute class presentation plus an additional 5 minutes for role-play instructions.
  - **Due date:**
    - PowerPoint presentation: Monday, September 21; Monday, October 26; or Monday, November 23, 2026 (20% of your overall mark).
    - Class presentation: October 2, November 6, December 4, 2026 (10% of your overall mark).

### 3. Test (25%).

Students will complete a test based on content from the assigned readings, class presentations, and lectures. The test will be administered through Populi and can be completed any time after the conclusion of the course, by the due date specified. Instructions for taking the test will be provided to students during the course.

- Related learning outcomes: #2.
- **Due date:** On or before Friday, December 11, 2026.

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<sup>1</sup> Here, "primary" refers to research studies you search for yourself, not studies you read about in the two course textbooks.

<sup>2</sup> There are several excellent databases available for searching the contents of peer-reviewed academic journals in the Digital Theological Library.

4. *Personal Theory of Counselling / Psychotherapy Paper (40%).*

Using a maximum of two theories reviewed in this course, articulate your unique personal theoretical approach to counselling / psychotherapy. In your paper, address each of the following areas, drawing mainly on counselling / psychotherapy theory to clarify your position, while also considering a Christian perspective (based on your *current* understanding and convictions):

- a) Theory of Personhood: What are your basic assumptions about human nature and how personality takes shape? How do the theories you selected view personhood - are we good? evil? Does it depend on nature? nurture?
- b) Theory of Psychopathology: How do symptoms or problematic behaviors develop? How do the theories you selected view the etiology of pathology?
- c) Theory of Therapeutic Relationship and Process: How do you best facilitate change in a client's life? What role does the therapeutic relationship play in facilitating change? How do the theories you selected view the process of change?
- d) How do the theories you selected view spirituality and the place of God in the healing process?
- e) From a Christian perspective, reflect on the theories' underlying philosophical assumptions and discuss:
  - a. how consistent is the model with Christian teachings?
  - b. can a Christian clinician use these theories, and if so, under what circumstances? (include how a Christian clinician would interpret the theories' underlying philosophical assumptions, what aspects of these theories could be readily implemented by a Christian clinician, and what aspects may not be implemented, and why).
- f) Explain why your personal theory best "fits" you as an emerging clinician and identify areas for further study and/or training in the theories you've outlined.
- g) Aim to use at least 10-12 scholarly sources (note: *Counseling and Psychotherapy*, chapters 17 – 19 and *Counseling Techniques*, chapters 9 -10 will be useful for this assignment).
  - Related learning outcomes: #3 and 4.
  - **Assignment length:** 8-10 pages.
  - **Due date:** Friday, December 11, 2026.

**Estimate of Time Investment** (individual time investments may vary)

Classroom time	30 hrs	N/A	Assignment Weighting
1. Reading Guide	25 hrs	See above	5%
2. Class Presentation	20 hrs	See above	30%
3. Test	15 hrs	By Dec 11	25%
4. Personal Theory Paper	30 hrs	Dec 11	40%
Total =		120 hrs	

All assignments are due at 8pm ***SK time*** unless otherwise indicated.

## **Course Outline**

### **\*Notes:**

- The outline below is a general guide – changes may be made as necessary throughout the week.
- There will be small group work and discussions throughout the week based on lectures, presentations, and case studies given by the professor.

### **Friday, October 2, 2026**

1. Introduction
2. Overview of Counselling: Theory, Research, and Practice (Chapter 1 and 2, Tan)
3. Evidence-Based Practice (Appendix: Is Psychotherapy Effective?, Tan and Chapter 2, Thomas)
4. The Person of the Counsellor

### **Saturday, October 3, 2026**

1. Christian Faith in Clinical Practice (Chapter 17, 18, and 19, Tan; Chapter 9 and 10, Thomas)
2. Attachment-Oriented Theories (Chapter 12, Thomas)
3. Psychoanalytic Therapy (Chapter 4, Tan)
4. Adlerian Therapy (Chapter 5, Tan)
5. Jungian Therapy (Chapter 6, Tan)
6. Review of Syllabus

### **Friday, November 6, 2026**

1. Emotion-Focused (Chapter 4 and 5, Thomas) and Experiential Theories (Chapter 8, Thomas)
2. Existential Therapy (Chapter 7, Tan)
3. Emotion-Focused Therapy

### **Saturday, November 7, 2026**

1. Person-Centered Therapy (Chapter 8, Tan)
2. Gestalt Therapy (Chapter 9, Tan)
3. Behavioral Theories (Chapter 6 and 7, Thomas)
4. Behavioral Therapy (Chapter 11, Tan)

### **Friday, December 4, 2026**

1. Cognitive-Oriented Theories (Chapter 3, Thomas)
2. Reality Therapy (Chapter 10, Tan)
3. Cognitive-Behavior Therapy (Chapter 12, Tan)

### **Saturday, December 5, 2026**

1. Constructivist Theories (Chapter 14, Tan)
2. Solution Focused Therapy (Chapter 14, Tan)
3. Narrative Therapy (Chapter 14, Tan)
4. Mindfulness and Acceptance-Based Therapies (Chapter 13, Tan)

- No assignments will be accepted after the course end date: December 18, 2026.

## **Academic Policies**

### **General Assignment Guidelines**

Please see the [Horizon](#) & [MCS](#) Format Guide for assignment submission, grammar, and formatting guidelines. The length of papers should fall within +/- 10% of the stated length. Papers that fall outside the length guidelines may not be graded. Assignments should be submitted via Populi under *Submissions* (not *Comments*). The resource at this [link](#) explains how to submit assignments on Populi.

### **Late Assignments and Extensions**

Please contact the professor well in advance if you would like to request an adjustment to any of your due dates. No extensions will be granted beyond the end of the course unless approval is granted by Horizon's Assistant Academic Dean.

A late penalty will be assessed for all overdue assignments: 1-3 calendar days late, penalty of 10%; 4-6 calendar days late, penalty of 20%. After six days late, an assignment receives a grade of 0.

### **Grading**

Grade	Percentage	GPA	Descriptor
A+	97-100%	4	Exceptional
A	93-96%	4	Excellent
A-	90-92%	3.7	Excellent
B+	87-89%	3.3	Good
B	83-86%	3.0	Good
B-	80-82%	2.7	Good
C+	77-79%	2.3	Satisfactory
C	73-76%	2.0	Satisfactory
C-	70-72%	1.7	Satisfactory
D+	67-69%	1.3	Minimal Pass
D	63-66%	1.0	Minimal Pass
D-	60-62%	0.7	Minimal Pass
F	<60%	0	Failure

### **Academic Integrity**

Students learn best when practicing academic integrity. A lack of integrity is displayed in acts such as deception, abuse of confidentiality, cheating, inappropriate collaboration, or plagiarism. Plagiarism occurs when a student presents the words or ideas of another person or an artificial intelligence (AI) tool in such a way as to give others the impression that it is their own words or ideas. In academic writing, there should be no doubt which words or ideas are the student's and which are drawn from other sources or AI. Students are expected to submit their own original work and give due recognition to sources from which all substantial phrases, sentences, or even ideas are drawn. Note also that you may not submit work done in one course to satisfy the

requirements of another course (unless both instructors agree beforehand to accept such work). See [here](#) for examples of plagiarism and further guidelines in the [Student Handbook](#).

Horizon has a subscription to software that ensures the originality of academic writing, verifies the proper citation of all sources, and detects AI-generated content. When you submit an assignment, you will automatically receive a summary on Populi that includes your submitted files along with an originality score (a high originality score is positive).

### **Artificial Intelligence (AI) Usage**

In keeping with the Academic Integrity policy above, students must disclose on the title page of all assignments whether or not they have used AI and how they have used it. If the assignment has no title page, the student must disclose this to the instructor by some other means, such as in a comment on Populi. Students are expected to follow the policy for acceptable use of AI that is published in the [Student Handbook](#).

**Statement on the Use of AI:** Competent practice in counselling and psychotherapy is built on a foundation of reliance on the Spirit of God and thoughtful, reflective clinical skill that responds adeptly to the image bearer before us in the counselling space. The use of AI can detract from moment-to-moment reliance on the Holy Spirit for wisdom, insight, and guidance, and it also undermines critical thinking. Consequently, the use of AI for any work in this class, other than simple spelling or grammar checks, will not be accepted. Students are encouraged to engage deeply with God's Spirit and exercise their God-given capacities for critical thought throughout this course.

### **Accessible Learning Services Information**

Horizon is committed to provide safe and inclusive learning environments which equalize the opportunity for students with disabilities to meet the requirements of the institution, programs, and courses. The application for Academic Accommodations begins with a student disclosing a medical diagnosis or professionally documented learning disability during the application process. Enrolled students may contact Horizon's Academic Accommodations Coordinator, Richelle Bekkattla at [rbekkattla@horizon.edu](mailto:rbekkattla@horizon.edu). All Academic Accommodations will adhere to the Guiding Principles listed in the [Student Handbook](#). Students with documented accommodations on file pertaining to accessing course readings in alternate formats are encouraged to contact the librarian for assistance with as much advanced notice as possible.

### **Class Attendance**

Students should attend all classes in order to facilitate competency development. Students are expected to be present through the delivery method that they registered for. Students registered to attend on-campus or via livestream must be present for the full duration of a class period to be marked as present for the class. Students registered to attend by VOD must submit their VOD reports on time to be marked as present for class. In the case of illness or other unforeseen circumstances, students may miss up to twenty percent of the total class time (e.g., one day of a module course, two 3-hour classes, etc.) without academic penalty. Students who are absent for more than this will automatically fail the course. Students wishing to be exempted from this policy due to extenuating circumstances may make an academic appeal, where they will need to

document and verify those circumstances. Students who miss a class are responsible to get missed notes or handouts from another student, rather than from the professor.

### **Livestreaming Etiquette**

Students taking the course through livestreaming are required to indicate this during their course registration. While livestreaming access is available for on-campus students who are unable to attend class due to illness, on-campus students are expected to attend class in person following the class attendance policy.

If attending class online via livestream, in order to be marked present for class, you must keep your camera on and stay present and attentive throughout the class session, extending the gift of full engagement. Access your class with a computer (preferably) or tablet, not a cell phone. Arrive to class on time, and dress as you would if you were attending class on campus. Join the class from a quiet space with minimal background noise, and mute your microphone until you wish to speak to the class.

### **Use of Technology**

Horizon encourages the use of electronic devices in the classroom to enhance learning. Careful consideration must be given to privacy issues, copyrighted materials, and the general care and concern for others. Please respect the following classroom policies:

- Please use online access for course learning only. This is a matter of respect for the instructor's teaching, your own learning, and fellow students who may be distracted by other uses.
- Students should secure permission from the instructor to record any teaching material. This includes PowerPoint slides, white board illustrations, notes, and any form of audio or video.
- Student feedback is a valuable input for course improvements. Please resolve any classroom grievance about the instructor or course with the instructor personally, through the Horizon College and Seminary grievance procedures, or the Populi-based course evaluations. It is inappropriate to air classroom grievances on a social media platform.
- When instructors use recording mechanisms in the classroom, recorded materials will be used for the sole purpose of instruction and cannot be released to any social media outlet without the written consent of the students whose images have been recorded.
- In general, it is not acceptable to share photographs or videos of students in the classroom setting without permission from those whose images appear in such media.

### **Library Support and Research Assistance**

Library staff are available to meet with students (online or in person) who need assistance with

- citing sources and identifying credible resources;
- developing research and information literacy skills;
- searching DTL and other library resources.

### **Bibliography**

Jones, Stanton L. and Richard E. Butman. *Modern Psychotherapies: A Comprehensive Christian Appraisal*. Westmont, Illinois: InterVarsity Press, 2011. (ISBN: 9780830828524)

McMinn, Mark R. and Clark D. Campbell. *Integrative Psychotherapy: Toward a Comprehensive Christian Approach*. Downers Grove, Illinois: IVP Academic, 2017. (ISBN: 9780830851768)

Prochaska, James O., et al. *Systems of Psychotherapy: A Transtheoretical Analysis*. Oxford University Press, 2024. (ISBN:9780197774922)

Seligman, Linda and Lourie W. Reichenberg. *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 4th edition. New York: Pearson, 2014. (ISBN: 9780132851701)

Tan, Siang-Yang. *Counseling and Psychotherapy: A Christian Perspective*. 2<sup>nd</sup> Edition. Grand Rapids, MI: Baker Academic, 2022. (ISBN: 9781540962904)

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