

2024 Theories of Counseling and Supervision Syllabus



Program Description

2024 Theories of Counseling and Supervision is a program designed to help participants review well-established counseling theories, gain information about these well-established theories as they apply to supervising mental health trainees, and successfully demonstrate understanding by passing a quiz. This program will also provide participants with an advanced understanding of the needs of mental health trainees under various circumstances and at different developmental levels.

Program Learning Objectives

The program content will:

1. Cover foundational and well-established counseling theories.
2. Explore the application of well-established counseling theories in mental health and supervision settings.
3. Identify methods for processing counselor development through theory-based supervision activities
4. Offer information so participants can successfully pass a quiz covering the application of well-established counseling theories in mental health and supervision settings.

Program Goals

Participants successfully completing this three-hour program will:

1. Understand the basic principles and techniques of foundational and well-established counseling theories and their application in mental health and supervision settings.
2. Differentiate between supervision theories and counseling theories.
3. Know how to implement supervision interventions based on a theory, trainee development, and specific trainee needs.
4. Complete a quiz demonstrating confident application and understanding of foundational and well-established counseling theories and their application in mental health and supervision settings.

NBCC Program Content Requirements

Courses offered through Kate Walker Training LLC are rigorously reviewed and held to the highest standards:

1. This program is directly and primarily about a topic related to the practice of professional counseling.
2. Program information includes a clear statement of the program learning objectives requirement.
3. This is an advanced course for licensed mental health providers and licensed mental health supervisors with a master's or doctoral degree in counseling or related field.
4. This program was designed by Kate M. Walker, a licensed mental health professional with the necessary experience and knowledge in the topic(s) presented. Dr. Walker holds a Ph.D. in Counselor Education, and she is a Licensed Professional Counselor Supervisor and Licensed Marriage and Family Therapist Supervisor.
5. We provide participants with a mechanism for evaluating our programs.
6. We provide participants who successfully complete the program with a certificate displaying the licensee's name, program title, date course was completed, the number of NBCC hours awarded (for applicable programs), the name and signature of the approved continuing education provider along with the NBCC ACEP number and contact information, including mailing address, telephone number, e-mail address and website address.
7. Programs that do not qualify for NBCC credit are clearly identified.
8. We keep all continuing education records of attendance on file for six years (or more) and records are available upon written request.

Continuing Education Information

Kate Walker Training courses fulfill the Texas LPC and LMFT rules requiring that 50% of continuing education courses come from a designated provider type.

This course provides **three hours** of continuing education in a non-interactive, asynchronous, home study format. Home study course hours are calculated via written text (6000 words = one hour) and video (one hour = one hour).

2024 Theories of Counseling and Supervision certificate will indicate:

- NBCC Hours: 3
- Supervision CE Hours: 3

Kate Walker Ph.D., LPC/LMFT Supervisor has been approved by NBCC as an Approved Continuing Education Provider, ACEP # 7040. Programs that do not qualify

for NBCC credit are clearly identified. Kate Walker Ph.D., LPC-S, LMFT-S is solely responsible for all aspects of the programs.



Kate Walker Training LLC provides continuing education for mental health providers. Always check with your licensing board before purchasing a course for professional continuing education.

Course notes

- This online training is currently available in English only. It is delivered via audible narration and visual text.
- The terms 'lesson,' 'lecture,' and 'module' may be used interchangeably.
- The terms 'supervisee,' 'associate,' 'trainee,' and 'intern,' may be used interchangeably.

STATEMENT REGARDING COURSE RESOURCES

Kate Walker Training LLC charges a fee for online training. All of the resources used to design the course are listed within the course, along with the resource URL where available. You do NOT need to purchase the Kate Walker Training LLC course to access those resources. Kate Walker Training LLC will not apply legal terms or technological measures that legally restrict others from accessing those resources, nor hinder anything the listed resources' licenses permit.

The open-source textbook we have chosen for this course is [Gerald Corey's *Theory and Practice of Counseling and Psychotherapy 9th edition*](#). You can access it online using your favorite browser.

Morris, S. A Metamodel of Theories of Psychotherapy: A Guide to Their Analysis, Comparison, Integration and Use. *Clinical Psychology and Psychotherapy Clin. Psychol. Psychother.* 10, 1–18 (2003).

Nelson-Jones, R. (2011) *Theory and Practice of Counselling and Therapy* (5th edn). London: Sage.

OUMtext Author unknown.

Texas Behavioral Health Executive Council Consolidated Rulebooks for [Texas State Board of Examiners of Professional Counselors](#) and [Texas State Board of Examiners of Marriage and Family Therapists](#)

Recommended Text and Resources:

American Counseling Association. (2014). ACA code of ethics. Retrieved from <https://www.counseling.org/resources/aca-code-of-ethics.pdf> Bernard, J. and Goodyear, R. (2015). *The fundamentals of clinical supervision, 5th Edition*. Boston: Allyn and Bacon.

Fall, M. and Sutton, J. (2004). *Clinical supervision. A handbook for practitioners*. Boston: Pearson Education, Inc.

Halbur, D., and Halbur, K. (2015). *Developing Your Theoretical Orientation in Counseling, 3d Edition*. North Dakota: North Dakota State University.

Haynes, R., Corey, G., and Mouton, P. (2010). *Clinical supervision in the helping professions, 2nd Edition*. Virginia: American Counseling Association.

Kendi, I. X. (2019). *How to be an antiracist*. One World.

Todd, T. and Storm, C. (2014). *The complete systemic supervisor: Context, philosophy, and pragmatics, 2nd Edition*. West Sussex: John Wiley and Sons, Ltd.