

# PSYCG 1653 : Existential and Humanistic Theory and Therapy

This course covers principles and techniques of Existential and Humanistic (E-H) models of therapy through an examination of the history, theoretical framework, and practical applications of E-H therapy with clientele. There will be a focus on Person-Centered Therapy, Contemporary Gestalt Therapy, Existential and Emotion-focused therapies, among others. This course includes both didactic and experiential approaches. Through video demonstrations, role-play, and structured exercises, students practice and further develop their intervention skills within an E-H framework. Previously Humanistic and Experiential Theory and Therapy (PSYCG 1753).

**College**

Clinical Psychology Program

**Credits** 3.0**Prerequisites**

PSYCG 1530 Introduction to Psychotherapy