
SECTION HEADING

PSYC 2210: Basic Counseling Skills

Description

Basic Counseling Skills teaches individual interviewing and helping techniques, including attending skills, reflection of content, feeling and meaning, asking questions, giving information, challenging, and action planning. Students record sessions in a lab setting.

Credits

3

Prerequisite

PSYC 1101 or consent of instructor

Corequisite

None

Topics to be Covered

1. Characteristics of an effective helper.
2. Foundational Skills: respecting the client, demonstrating commitment, caring and courteousness.
3. Essential Skills: listening, reflection of content, feeling and meaning, empathy.
4. Common Skills: affirmation, encouragement, support, offering alternatives, information-giving, advice-giving.
5. Information gathering and solution-focused questions.
6. Advanced skills: reflecting deeper empathy, self-disclosure, conflict and confrontation, metaphors and analogies.
7. Culturally competent helping and ethical decision-making.

Learning Outcomes

1. Explain how counseling skills are being used in a variety of settings.
2. Demonstrate how counseling skills can be applied to various problems of daily living.
3. Implement and evaluate counseling sessions.
4. Apply counseling techniques and procedures to a variety of practical problems.
5. Evaluate performance through self-reflection written summaries.
6. Explain how counseling skills are being used in a variety of settings.
7. Apply counseling techniques and procedures to individuals from diverse populations.

Credit Details

Lecture: 3

Lab: 0

OJT: 0

MnTC Goal Area(s): Goal Area 05 - History and the Social and Behavioral Sciences, Goal Area 07 - Human Diversity

Minnesota Transfer Curriculum Goal Area(s) and Competencies

Goal Area 05: History and the Social and Behavioral Science

1. employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. examine social institutions and processes across a range of historical periods and cultures.
3. use and critique alternative explanatory systems or theories.

Goal Area 07: Human Diversity

2. demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
3. analyze their own attitudes, behaviors, concepts and beliefs regarding diversity, racism, and bigotry.
5. demonstrate communication skills necessary for living and working effectively in a society with great population diversity.

