

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PSYC

COURSE NUMBER: 2210

NUMBER OF CREDITS: 3

Lecture: 3 Lab: 0 OJT 0

Course Title:
Basic Counseling Skills

Catalog 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.

Prerequisites or Necessary Entry Skills/Knowledge:
None.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*):

☒ Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:

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 7: Human Diversity: By meeting the following competencies:

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.

Topics to be Covered (General)
Characteristics of an effective helper.
Foundational Skills: respecting the client, demonstrating commitment, caring and courteousness.
Essential Skills: listening, reflection of content, feeling and meaning, empathy.

Common Skills: affirmation, encouragement, support, offering alternatives, information-giving, advice-giving.
Information gathering and solution-focused questions.
Advanced skills: reflecting deeper empathy, self-disclosure, conflict and confrontation, metaphors and analogies.
Culturally competent helping and ethical decision-making.

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

Is this course part of a transfer pathway: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>

Revised Date: 10/27/2022