MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

DEPT.  Psychology  COURSE NUMBER:  2210

NUMBER OF CREDITS:  3  Lecture:  3  Lab: 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.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)
Goal 1: Communication:  ____ by meeting the following competencies:

Goal 2: Critical Thinking:  ____ by meeting the following competencies:

Goal 3: Natural Sciences:  ____ by meeting the following competencies:

Goal 4: Mathematics/Logical Reasoning:  ____ by meeting the following competencies:

Goal 5: History and the Social and Behavioral Sciences:  X  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 6: The Humanities and Fine Arts:  ____ by meeting the following competencies:

Goal 7: Human Diversity:  ____ by meeting the following competencies:

Goal 8: Global Perspective:  ____ by meeting the following competencies:

Goal 9: Ethical and Civic Responsibility:  ____ by meeting the following competencies:

Goal 10: People and the Environment:  ____ by meeting the following competencies:

Prerequisites or Necessary Entry Skills/Knowledge:
Introduction to Psychology or consent of Instructor.

Topics to be Covered (General)

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.
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.

Is this course part of a transfer pathway: Yes No X

All syllabi must include the following statement:

Revised 8/19