DEPT. Psychology  COURSE NUMBER: 2210

NUMBER OF CREDITS: 3  Lecture: 3  Lab: 0

Course Title:
Basic Counseling Skills

Catalog Description:
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:

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, high school students are encouraged to notify their counselor and instructor.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or via your preferred Telecommunications Relay Service.

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