A. Course Description

Credits: 4

Prerequisites: PSYC 100 General Psychology or instructor's consent.

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week:

MnTC Goals: None

This course introduces counseling theories and techniques, including existential, client-centered, Gestalt, psychoanalytic, Adlerian, behavioral, transactional analysis, rational-emotive reality, and eclectic counseling/therapy. Learning strategies include interviews with counselors and role-playing exercises. Evaluation is based in part on an interview with an active counselor, take-home test and final paper.

B. Course Effective Dates: 08/01/1998 - 09/05/1999 09/06/1999 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Articulate each of the three states of a helping relationship: Exploration, Insight, and Action and identify which of the helping skills is most appropriate for each stage.
2. Articulate personal values about the counseling relationship and identify your own strengths and needs for further learning, training, and experiences as a counselor.
3. Understand and demonstrate numerous helping skills including: Attending, listening, observing, paraphrasing, open-questioning, challenging, appropriate self-disclosures, radical acceptance, mindfulness, process advisement, direct guidance.
4. Understand and explain the basic tenets of and differences between various theories of counseling including client-centered/person-centered, strengths-based, psycho-analytic, cognitive-behavioral and dialectical behavioral.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None