A. Course Description

Credits:

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: None

This course introduces students to basic counseling skills. As such, it is designed to help students develop essential helping skills needed for client engagement, follow-through, completion and overall therapeutic effectiveness. Specific skills and techniques covered include: developing rapport, building empathy and listening, encouraging trust, self-disclosure, immediacy, questioning & evoking, addressing discrepancies, etc. This course is highly experiential in its format. Students will participate in classroom exercises, real plays, and video-taping of counseling skills. **Note: this is a variable credit course with credit range of 4 - 5.

B. Course Effective Dates: 08/19/2018 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Articulate personal values about the counseling relationship and identify your own strengths and needs for further learning, training, and experience as a counselor.
2. Understand and demonstrate various helping skills including but not limited to; developing rapport, building empathy and listening, encouraging trust, self-disclosure, immediacy, questioning and evoking, and addressing discrepancies.
3. Understand the stages of the helping relationship, i.e. exploration, insight, action, and identify which helping skills are most appropriate for each stage.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None