A. Course Description

Credits: 1

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week:

MnTC Goals: None

Counseling incorporates theory and practice to foster changes in behavior. This course introduces students to counseling theory and practice and professional identity development. The fundamental knowledge and skills gained in this course help prepare students for advanced studies in substance use or co-occurring disorders counseling.

B. Course Effective Dates: 01/01/2018 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Identify prominent counseling theories.
2. Clarify how counseling theories inform clinical practice.
3. Demonstrate basic counseling skills.
4. Develop an initial understanding of self as counselor.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None