

PSYC 280C : Individual Counseling: Theory and Practice

Discussion of the most widely used theories of counseling offering students the opportunity to integrate the theories within their own value systems. Counseling practice will consist of peer counseling process, audio and video recording critiques and role-playing in a seminar setting.

Credits 3

Lab/Practicum/Clinical Hours 0

Lecture Hours 3

Prerequisite Courses

MHTH 187C

PSYC 105C

Learning Outcomes

- Describe effective counselor communication skills, including both verbal and non-verbal.
- List and describe the 12 Human Service Skill Standards related to the field of counseling along with the role of each in the counseling process.
- Describe and differentiate among the major theoretical approaches in the field of counseling.
- Understand of how major theoretical approaches are utilized in various treatment areas.
- Understand of adapting the counseling process to specific populations, services and service providers.
- Understand of the application of ethics and professional principles in the counseling process.
- Work in a team environment cooperatively and effectively with interpersonal communication skills and tasks.
- Integrate collective knowledge within the course and its requirements.