



**Course Name:** Applied Counseling Skills

**Course Number:** HSE\* E203

**Credits:** 3

**Catalog description:**

Provides students the opportunity to develop skills necessary for facilitating counseling relationships. Students observe, interact with, participate in and critique a variety of role playing exercises/simulations, and live counseling sessions as a means of mastering counseling skills.

**Prerequisite, Corequisite, or Parallel:** HSE\*202

**General Education Competencies Satisfied:**

**HCC General Education Requirement Designated Competency Attribute Code(s):**

None

**Additional CSU General Education Requirements for CSU Transfer Degree Programs:**

None

**Embedded Competency(ies):**

None

**Discipline-Specific Attribute Code(s):**

None

**Course objectives:**

**General Education Goals and Outcomes:**

None



### **Course Specific Objectives:**

1. Provides students with an advanced examination of counseling theories emphasizing their application in a psychotherapy environment.
2. Students learn to integrate theoretical perspectives with actual counseling cases.
3. Model counseling sessions provide help student to master counseling techniques and interventions.
4. Instructor and peer feedback used to solidify student learning and skill performance.
5. Case examples and first-person accounts provide real-world experiential learning.

### **Course Content:**

1. The Foundation and Process for Helping Relationships
  - a. The Process of counseling
  - b. Clients in need: individual, social and cultural factors
  - c. Models of helping
2. Essential skills to use with individuals
  - a. Building collaboration
  - b. Assessment
  - c. Exploring client needs
  - d. Promoting insight and understanding
  - e. Promoting action
  - f. Maintaining progress and evaluating client results
3. Skills to use with multiple clients
  - a. Family counseling skills
  - b. Group counseling skills
4. Challenging counseling situations and what to do
  - a. Consulting with your supervisor/mentor
  - b. Concerns for my clients and making mistakes
  - c. Keeping good records and journals
  - d. Practice continually
  - e. Taking care of yourself
  - f. Further training and development with courses, workshops and conferences



Date Course Created:

Date of Last Revision: 03/03/2017