

HUSC/ PSYC 139

Counseling Techniques

3 Credits

Community College of Baltimore County
Common Course Outline

Description

HUSC/PSYC 139 – Counseling Techniques: is a course in which students develop competencies in the basic skills involved in the counseling relationship across all settings. Students explore the relationship between counselor and client with an emphasis on skill development and application.

Pre-requisites: ACLT 053 or (ESOL 052 and ESOL 054)

Overall Course Objectives

Upon completion of this course, students will be able to:

1. distinguish between interviewing, counseling, and psychotherapy;
2. interpret messages exchanged in verbal and nonverbal communication;
3. document client status and session outcomes within standards of the profession;
4. identify the traits of a helping relationship;
5. describe barriers that prevent the accurate exchange of information;
6. interview clients using primary counseling skills with intentionality;
7. apply advanced counseling skills;
8. predict the outcome for counseling interventions;
9. describe clients' rights to confidentiality and situations in which confidentiality cannot be assured;
10. describe culturally relevant counseling skills and strategies;
11. assess clients' readiness to change based on the Stages of Change;
12. apply the principles and strategies of Motivational Interviewing; and
13. evaluate the effectiveness of a counselor intervention.

Major Topics

- I. Intentionality
- II. Verbal and nonverbal cultural communication
- III. Therapeutic counselor traits
- IV. Client observation skills
- V. Objective writing
- VI. Barriers to a therapeutic relationship
- VII. Primary counseling skills
 - a. attending
 - b. open and closed questions
 - c. encouraging
 - d. paraphrasing

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- e. summarization
 - f. reflection of feeling
 - g. open and closed questions
 - h. primary empathy
 - i. client observation skills
- VIII. Advanced counseling skills
- a. confrontation
 - b. focusing
 - c. reflection of meaning
 - d. influencing skills
 - e. advanced empathy
- IX. Confidentiality
- X. Stages of Change
- XI. Motivational Interviewing

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- two written assignments demonstrating objective writing skills
- one self-evaluation of counseling skills
- two video demonstrations of interviewing skills

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This course is a program requirement for the Human Services Counseling degree and certificate programs. This course fulfills the State of Maryland Board of Professional Counselors and Therapists required topic area for Individual Counseling. Students must earn a C or better to pass this course.

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