

# JACKSON COLLEGE OFFICIAL COURSE OUTLINE

## Course number, title and credits; total time allocation

Course Letter/Number PSY 161 Credits 3 Title Introduction to Counseling

Lecture/Discussion 45 hrs/semester Lab \_\_\_\_\_ hrs/semester Clinical \_\_\_\_\_ hrs/semester

## Catalog Description and Pre- and Co-requisites (Same as taxonomy and catalog)

Learn basic counseling microskills against a backdrop of comparative theories and systems of counseling. Ethical, legal, and practical issues included.

Prerequisite: PSY 140

## Knowledge, Skills and Abilities Students Acquire from this Course (Educational Objectives)

At the conclusion of the course, the successful student will be able to:

- Define the counseling process and the procedures for assessment of client problems and readiness
- Demonstrate invitational skills, both verbal and non-verbal
- Demonstrate reflection of feelings and meanings
- Demonstrate challenging skills, including appropriate forms of confrontation
- Demonstrate solution-seeking skills
- Demonstrate skills in modulating clients' emotional states for optimal progress
- Demonstrate termination skills, defining conditions essential for successful termination
- Identify, articulate, and resolve typical ethical dilemmas encountered in counseling

## Associate Degree Outcomes Addressed in this Course (These must appear in course syllabus.)

ADO 7 Critical thinking

ADO 5 Understanding human behavior and social systems

## Units/topics of Instruction

Therapeutic relationships

Invitational skills

Reflecting skills

Challenging skills

Assessment

Goal-setting skills

Change techniques

Outcome evaluation and termination skills

## Instructional Techniques and Procedures

Mini-lectures, demonstrations, discussions, guided skill practice, significant practicum homework, written and practicum tests and examinations.

## Instructional Use of Computer or Other Technology

Technology is used for presentations and media.

## Instructional Materials and Costs to Students

## Skills and abilities students should bring to the course:

Able to read	_____	a limited amount of material	Able to compute	<u>x</u>	basic, pre-algebraic problems
	<u>x</u>	an average amount of material		_____	simple algebraic problems
	_____	an above average amount of material		_____	higher order mathematical problems
Able to read	_____	relatively easy material	Able to write	_____	short compositions
	<u>x</u>	moderately difficult material		<u>X</u>	medium length compositions
	_____	technical or sophisticated material		_____	lengthy compositions

Able to use technology	<input checked="" type="checkbox"/> keyboard skills/familiar with computer <input type="checkbox"/> computer application <input type="checkbox"/> web navigation	Other necessary Abilities	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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**The course is usually scheduled:**

Day: ☒ Fall ☒ Winter ☐ Spring
 Evening: ☐ Fall ☐ Winter ☐ Spring

Prepared by \_\_\_\_\_

Date \_\_\_\_\_

Approved by Dept. \_\_\_\_\_

Date \_\_\_\_\_

Approved by Dean \_\_\_\_\_

Date \_\_\_\_\_

Approved by Curr. Comm. \_\_\_\_\_

Date \_\_\_\_\_

(Last names, please)

Form Revised 12/4/00