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:

<table>
<thead>
<tr>
<th>Able to read</th>
<th>Able to compute</th>
</tr>
</thead>
<tbody>
<tr>
<td>x an average amount of material</td>
<td>x basic, pre-algebraic problems</td>
</tr>
<tr>
<td>x a limited amount of material</td>
<td>x simple algebraic problems</td>
</tr>
<tr>
<td>x an above average amount of material</td>
<td>x higher order mathematical problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Able to read</th>
<th>Able to write</th>
</tr>
</thead>
<tbody>
<tr>
<td>x relatively easy material</td>
<td>x short compositions</td>
</tr>
<tr>
<td>x moderately difficult material</td>
<td>x medium length compositions</td>
</tr>
<tr>
<td>technical or sophisticated material</td>
<td>lengthy compositions</td>
</tr>
</tbody>
</table>
The course is usually scheduled:

<table>
<thead>
<tr>
<th>Day:</th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Evening:</th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Prepared by ____________________________  Date ____________________________

Approved by Dept. ____________________________  Date ____________________________

Approved by Dean ____________________________  Date ____________________________

Approved by Curr. Comm. ____________________________  Date ____________________________

(Last names, please) Form Revised 12/4/00