Preparing Inquiring Educators: Knowledge, Understanding, and Application

Course of Study

1. Course Title and Number of Credits:
   CSP 601 Techniques and Foundations in Counseling

2. Course Description:

   The focus of this course is the history and foundations of the counseling profession as well as development of counseling and consultation skills for beginning counseling students based on theoretical principles of counseling. Students will be introduced to basic skills in counseling such as relationship building and active listening, in addition to more advanced skills such as reflection of meaning and confrontation.

3. Prerequisites and Restrictions: Permission of Instructor

4. Course Objectives: (CACREP Standard addressed)

   1. Learn to utilize basic and advanced counseling skills (II.G.5.c., SC.C.1, CMH.F.3.)
      a. Attending behaviors
      b. Genuineness
      c. Active listening techniques
      d. Reflection of feelings and meanings
      e. Confrontation
      f. Goal formation
      g. Use of silence
   2. To learn about the counseling process through direct experience (II.G.2.a, G.5.a.)
   3. To present a history and overview of the field of professional counseling (II.G.1.a., G.1.b., G.1.f., G.1.g., G.5.a., CMH. A.1., CMH. C.1., C.5., C.9., SC A.1, A.3., A.4.)
   4. To develop an understanding of the use of appropriate counseling skills with diverse populations (II.G.1.i, G.2.a, G.2.d., CMH., C.3., E.3., F.3)
   5. To learn skills and techniques for consultation (II.G.1.b., G.1.j., G.5.f)
   6. To understand counseling credentialing and how to be an advocate for the profession (II.G.1.f, G.1.g., G.1.h, G.2.e., CMH, A.4., C.9., G.2., SC. A.4.)
   7. To introduce basic crisis intervention techniques, including suicide risk assessment (II.G.1.c., G.5.g., CMH.D.6., H.3.)
   8. To begin to understand how personal characteristics and person feelings affect the counseling process (II.G.1.d., G.5.b.,)
5. **Student Learning Outcomes:** Student will be able to:

1. Demonstrate an ability to use basic counseling skills and advanced skills such as consultation skills as evidenced in class counseling dyad work and Case Studies (CMH C.3.)
2. Demonstrate an ability to work with clients in a professional and respectful way as evidence in class counseling dyad work and Case Studies
3. Demonstrate an ability to begin to assess for suicide risks and risks of harm to others as evidenced by class discussion (CMH H.3., SC D.4.)
4. Demonstrate awareness of their reactions to counseling and being counseled as evidenced by Personal Analysis Logs and dyad process evaluation (SC D.1.)
5. Demonstrate a knowledge of the history and foundations of counseling as evidenced by class discussion and Personal Analysis Logs
6. Demonstrate an understanding of the use of appropriate skills with diverse populations as evidenced by Case Studies and dyad process evaluation
7. Demonstrate a beginning understanding of conceptualization of client issues as evidenced by Case Studies and counseling dyad work

6. **Course Content:**

1. History and foundation of the counseling profession
2. The Counseling Relationship
3. Active listening and attending skills
   a. Genuineness
   b. Respect
   c. Paraphrasing
   d. Open and closed questioning
   e. Reflection of feelings
4. Cognitive vs. Affective content
5. Developing a counseling strategy
6. Advocating for the profession
7. Discerning themes in counseling sessions and initial interpretation
8. Basic techniques of crisis intervention and suicide assessment
9. Skills and techniques for brief interventions
10. Genograms
11. Examining personal feelings
12. Appropriate skills for a school setting
13. Appropriate skills for a mental health setting

7. **Teaching/Learning Methods:**

1. Lecture
2. Class discussion
3. Counseling dyads
4. Small group work
5. Multimedia presentations

8. **Evaluation Methods:**
1. Case Studies
2. Process evaluation of work in class counseling dyads
3. Personal Analysis Logs
4. BlackBoard online discussion

9. Required Texts/Readings:

10. Preparer’s Name and Date: Paula R. Danzinger, Ph.D. Fall, 1999

11. Department Approval Date: February, 1999

12. Reviser(s) Name(s) and Date: Paula R. Danzinger, Ph.D. & Karen Decker, M.Ed., Fall, 2008
   Paula R. Danzinger, Ph.D., Fall 2003

13. Revision Approval Date: Spring, 2004

14. Bibliography:


