

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO

C O U R S E O U T L I N E

Course Title: COUNSELLING SKILLS

Code No.: mC 216-3

Program: ^NTAL RETARDATION COUNSELLOR

Semester: ' THREE

Date: September, 1985

Author: ED FINN

New:

Revis 1 on : X

APPROVED:

  
Chairperson

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Date

CALENDAR DESCRIPTION

Counselling Skills

MRC 216-3

Course Name

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PHILOSOPHY/GOALS:

This course is designed to provide the student with an introduction to a variety of counselling techniques for use with the developmentally handicapped on an individual and group basis.

1. To develop in the learner "self as instrument" concept in working with the handicapped.
2. To enable the student to develop specific competencies in counselling the developmentally handicapped and their parents.
3. To enhance the learner's development of a feeling of self worth.
4. To improve the learner's ability as an active listener.

METHOD OF ASSESSMENT (GRADING METHOD):

1. Regular attendance and participation in class.
2. Responsible for class notes and reading assignments as well as notes taken from films or videotapes.
3. Midterm and final exams will be given.
4. Individual conferences will be held and a grade will be arrived at.

TEXTBOOK (S):

The Greatest Miracle in the World, Og Mandino

METHODOLOGY:

1. Lectures: in which the instructor will discuss the concepts used in counselling.
2. Videotapes, films and articles: in which the student will be responsible for notes taken on the material presented.
3. Individual and group counselling experience: in which the student will participate in role playing, simulation, and active listening.

COURSE OBJECTIVES:

1. The student will identify the principles of mental health for use in counselling parents of a retarded child.
2. Identify the phases through which many parents of retarded children proceed as they adjust to the fact that their child' is handicapped.
3. The student will demonstrate the ability to listen, observe, and interview as it relates to counselling.
4. The student will identify the differences between good and poor counsellors.
5. The student will identify the qualities of a loving human being.

RELATED READINGS:

The student will choose a counselling related book to report on in class.

- i.e. A) A New Guide to Rational Living - A. Ellis  
B) I Ain't Much Baby, But I'm All That I've Got - J. Lain  
C) miy Am I Afraid To Tell You Who I Am - J. Powell  
D) Death and Dying - E.K. Ross  
E) Reality Therapy - W, Glasser