

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: COUNSELLING SKILLS II

Code No.: CCW 409-3

Program: CHILD AND YOUTH WORKER PROGRAM (C.Y.W.)

Semester: IV (FOUR)

Date: JANUARY 1989

Author: JEFFREY ARBUS, CCW, M.A.

New: _____ Revision: X

APPROVED: *N. Koch*
Chairperson

January 3/89
Date

INSTRUCTOR: Jeffrey Arbus
Office: E465
Phone: 759-6774, Extension 546

TIMES: Monday Evenings
6:30 - 9:30 P.M.
Start Date: January 09, 1989

PRE-REQUISITE: Counselling Skills I OR permission of Instructor

NATURE OF COURSE:

As a follow-up to Counselling Skills I, this course is designed to promote further exploration of dimensions of helping. New skills in influencing and directing clients toward identified goals will be built onto the existing framework of attending skills. Client-centred (i.e. Rogerian) skills are examined but the focus also will be on the "intentional" dimensions outlined by Ivey and Egan. Critical areas will be examined, including some or all of: skills in crisis situations; helping skills in separation and loss situations; cultural issues in helping.

The focus on the student's self-awareness and skill development will be central to this course. Students **must** be willing to take personal risks in this course, however, it is **not** a therapy group for the participants. The nature of the helper's role will be examined from very personal viewpoints. Consistent commitment to personal growth, including risk taking and caring, will be rewarded.

Practice and self-directed learning with video feedback will be featured. Applications of the skills in work with children and adolescents will be reviewed in an ongoing and experiential manner.

OBJECTIVES:

1. Solidify skills in attending behaviour.
2. Develop and demonstrate skills in various dimensions of influencing behaviour (as per CCW programme objectives).
3. Develop and demonstrate skills in analysing and evaluating counselling behaviour.
4. Develop and demonstrate an ability to integrate skills into a unified approach in helping and counselling.
5. Develop and use an eclectically-based, theoretical framework for counselling.
6. Integrate skills of self-directed learning.
7. Arrive at greater self understanding in terms of one's role and one's attitudinal framework for helping.

8. Demonstrate willingness to expand the limits of one's interactions.

LEARNING RESOURCES:

Provided by the College - VTR equipment, facilities
- LRC (Learning Resource Centre), etc.

Provided by the Students -

1. Egan, G. The Skilled Helper. Monterey, CA: Brooks-Cole, 1975 (2nd Ed.)
2. Evans, D., et. al. Essential Interviewing. Monterey, CA: Brooks-Cole, 1979 (2nd Ed.)
3. Buscaglia, Leo. Loving Each Other. 1984. Toronto: Fawcett (Random House).
4. One blank audio cassette and audio tape recording machine.

METHODOLOGY:

- A. Each week the class will be in two parts. The first will consist of some or all of: mini-lecture, review of assigned readings, study of counselling theory, viewing of modelling tapes, discussion and demonstration.

In the second part, the students will divide into sub-groups for non-role-play practice sessions. The instructor will outline the practice objectives each week. Students are advised to use their break-time to prepare for the demands of the practice sessions.

Students will be expected to attend all classes, prepare readings diligently and participate actively in discussion and practicum. Time is precious in this course, so classes and practice will begin on time and non-task-related behaviour will be reflected in the instructor's final grading. The instructor will provide ongoing feedback in the form of verbal comment (informally and formally).

Readings must be completed on time, as assigned. The book "Loving Each Other" will be discussed in class and will be part of course material covered on the final exam.

Demonstration of skills will be assessed at all times in this course (i.e. in and out of the practice sessions).

The VTR equipment will be used as directed by the instructor and all students will be expected to take full advantage of this learning resource.

The rules of confidentiality apply at all times with regard to this course.

- B. TESTS: MID TERM: February 27, 1989
FINAL: Last day of the course
April 17, 1989 (date open to discussion)

C. Submission of Audio Tape:

DATE: April 3, 1989
LENGTH: 20 minutes minimum
30 minutes maximum

METHODOLOGY (C. Submission of Audio Tape Cont'd):

SUBJECT: Tape to be done with anybody except a CCW student. The student helper should endeavour to appropriately use the skills studied to date.

Thus, there should be elements of what Egan calls "Problem Definition and Goal Development" reflected in the helping session. Goal setting should be one aim but whether the helper actually works on the "action" stage is optional.

So, try to find someone who will let you work with him/her!

Audibility of the tape is crucial.

Absolute confidentiality is expected and guaranteed from the instructor - the student counsellor must guarantee on tape his or her own adherence to confidentiality, and have this confirmed by the "client".

D. Transcript of Tape:

Date due: April 3, 1989.

Each student is expected to transcribe the first minute, the middle two minutes and the final minute of his/her own tape. Following each of the three segments, write a paragraph or two describing what you, the helper, were trying to do in that segment, how you did or did not accomplish that and an alternative approach. Following the entire transcription, write a paragraph or two with your reactions to the overall tape at that point.

Sign and date your transcript and ensure legibility. Double-space!

E. Critique of Tape:

Length: about 800 words

Date Due: April 10, 1989

For this, analyze a fellow student's tape specifying: skills used, skills not used (if any), strengths of the tape, and alternatives or areas for improvement. A form will be provided.

Sign and date your critique and ensure legibility.

GRADING:

A. Participation, skill acquisition as per "A" above:	30%
B. TEST #1	15%
C. TEST #2 (final)	20%
D. TAPE:	25%
E. TRANSCRIPT:	5%
E. CRITIQUE:	<u>5%</u>
TOTAL =	100%