



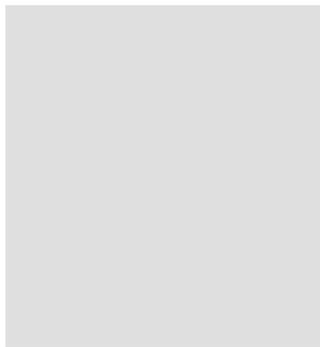
COURSE OUTLINE: CYC202 - COUNSELLING SKILLS 1

Prepared: Child and Youth Care Faculty

Approved: Karen Hudson - Dean

Course Code: Title	CYC202: COUNSELLING SKILLS I
Program Number: Name	1065: CHILD AND YOUTH CARE
Department:	CHILD AND YOUTH WORKER
Academic Year:	2025-2026
Course Description:	This course is an introduction to CYC counselling competencies and processes. It is designed to introduce the student to the techniques of the helping interview. Emphasis is on strength-based approaches, hands-on skill development, and the implications of self-awareness to a helping interview. Extensive practice will occur to reinforce the skill orientation of the course.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	CYC100
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	CYC253
Vocational Learning Outcomes (VLO's) addressed in this course:	1065 - CHILD AND YOUTH CARE
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Develop and maintain therapeutic relationships with children, youth and their families, respecting their unique life spaces, and applying the principles of relational practice to meet their needs
	VLO 2 Assess the strengths, developmental and holistic needs of children, youth and their families, using methods grounded in theoretical frameworks, research and therapeutic practices, to develop care and intervention plans.
	VLO 4 Use equitable and inclusive approaches that are anti-colonial, anti-oppressive, anti-racist, and strength-based frameworks, as well as cultural humility, to create positive and sustainable solutions and respond to inequities and to systemic barriers experienced by children, youth and their families.
	VLO 5 Advocate for, and in solidarity with, children, youth, their families and communities through their participation in the development and implementation of care and intervention plans that uphold their rights.
	VLO 6 Employ communication, collaboration and relational skills with the inter-professional team and with community partners to ensure and enhance the professionalism of practice.
	VLO 7 Engage in self-inquiry, relational inquiry and critical reflection to develop strategies for learning and the practice of self-care, as a practitioner.
	VLO 9 Adhere to relevant legislation and Child and Youth Care standards of practice,





competencies, and codes of ethics as a practitioner.

- VLO 10 Practice in a variety of contexts and settings, respecting needs for developmental growth, safety, wellbeing and agency, while addressing the varying age and developmental ranges of children, youth, and their families.
- VLO 11 Employ crisis prevention and intervention techniques, and harm-reduction principles, with children, youth and their families in the provision of care, to ensure their safety, resolution of crises, and reparation of relationships.
- VLO 12 Develop the capacity to work with children, youth and families who identify with Indigenous, Black, and racialized communities, as well as people in LGBTQ2+ and disabled communities, by identifying systemic inequities and barriers, integrating practices such as trauma-informed care, and respecting their inherent rights to self-determine.

Essential Employability Skills (EES) addressed in this course:

- EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Books and Required Resources:

Choices: Interviewing and Counselling Skills for Canadians by Bob Shebib
Publisher: Pearson Education Canada Edition: 9th
ISBN: 9780138363758

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Develop and maintain therapeutic relationships that promote growth and development.	1.1 Label, describe and use relevant helping skills to promote understanding and trust - such skills include, but are not limited to: eye contact, verbal following, silence, questioning, reflecting, summarizing, communication of respect and empathy, attention to non-verbal behaviour, 1.2 Identify the behavioural and psychosocial needs of a helpee/client. 1.3 Demonstrate awareness of cultural, age, gender and other

	<p>contextual issues and discuss their relevance in counselling.</p> <p>1.4 Reassure the helpee/client on such professional issues as confidentiality.</p> <p>1.5 Evaluate interactions and skill performance.</p>
Course Outcome 2	Learning Objectives for Course Outcome 2
<p>2. Offer supportive intervention, verbally and non-verbally, while guiding the interaction toward achieving some positive change in the helpee/client.</p>	<p>2.1 Explain and apply to problem situations the theoretical concepts presented in the texts and lectures.</p> <p>2.2 Provide relevant structure to the helping interview: beginning, moving through developmental stages, and ending.</p> <p>2.3 Identify helpee/client strengths and explain how to utilize these to assist the helpee/client.</p> <p>2.4 Determine the degree of trust in an interview.</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
<p>3. Perform ongoing self-assessment and self-care to promote awareness and enhance professional competence.</p>	<p>3.1 Explain and demonstrate centering skills, and use these in emotionally-charged situations.</p> <p>3.2 Express and process personal reactions to helpee/client situations, and discuss how one's own reactions may affect the counselling process.</p> <p>3.3 Describe a personal program of self-care as it pertains to counselling work.</p> <p>3.4 Maintain professional boundaries with helpees/clients, within class demonstrations.</p> <p>3.5 Utilize formal and informal feedback and supervision.</p> <p>3.6 Establish and update professional goals to enhance counselling learning and practice.</p> <p>3.7 Apply organizational and time management skills (including but not limited to assignment completion by deadline, class participation and preparation, punctuality).</p> <p>3.8 Identify resources that could enhance counselling practice.</p> <p>3.9 Apply critical thinking skills to the counselling process.</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
<p>4. Use technological tools appropriate and necessary to the performance of tasks.</p>	<p>4.1 Produce audio recording of interview.</p> <p>4.2 Review and evaluate audio recording of interview.</p> <p>4.3 Explain the ethics and legalities pertaining to use of audio and/or video recordings in counselling practice.</p> <p>4.4 Assist client to complete Agreement to Audio Recording forms dealing with confidentiality).</p> <p>4.5 Use D2L to communicate with faculty, submit assignments and access learning materials as appropriate.</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
<p>5. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.</p>	<p>5.1 Identify tasks to be completed.</p> <p>5.2 Demonstrate behavioural correlates to equity and fairness in class situations.</p> <p>5.3 Contribute feedback in a professional manner.</p> <p>5.4 Encourage and receive feedback in a professional manner.</p> <p>5.5 Demonstrate respect for individual learning needs and</p>



	styles.
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Take responsibility for one's own actions and decisions.	6.1 Review and assess counselling practice decisions. 6.2 Reflect on the process and practices used. 6.3 Identify own successes and reinforce and adapt to new situations. 6.4 Identify own errors and make corrections. 6.5 Account for how one's own values and beliefs affect actions and decisions. 6.6 Explain and/or defend decisions made and actions taken, with regard for the priority of helpee/client needs.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	40%
Participation and Professional Practice	20%
Tests	40%

Date:

September 10, 2025

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

