

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: COUNSELLING SKILLS  
Code No.; MRC 216-2  
Program: MENTAL RETARDATION COUNSELLOR  
Semester: THREE  
Date: JUNE 20, 1983  
Author: ED FINN

New: Revision:

APPROVED

Chairperson

Date

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CALENDAR DESCRIPTION

<u>Counselling Skills</u>	MRC 216-2
Course Name	Course Number

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 counselors.
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.

- ie. 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) Why Am I Afraid To Tell You Who I Am - J. Powell