

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

COURSE OUTLINE

Course Title: COUNSELLING SKILLS  
Code No.: MRC 216-3  
Program: .. DEVELOPMENTAL SERVICES WORKER  
Semester:  
Date: SEPTEMBER, 19 84  
Author: Jeffrey Arbus

New

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Revision

APPROVED: *7'7/€.* r/.  
Chairperson

Date

COUNSELLING SKILLS  
Course Title

MRC 216-3  
Course Number

INSTRUCTOR: Jeffrey Arbus  
Office: E465  
Phone: 949-2050, Ext. 293

DATES: Thursday, September 6, 1984

LENGTH: 45 hours

MEETING TIMES AND PLACES: Every week,  
Thursday 9-10 a.m., Km. J1104  
Friday 9-11 a.m., Rm. E327

DESCRIPTION: This course is designed to provide the student with an introduction to the field of counselling, including specific techniques and methodologies. The course material will be applicable to the needs of the D.S.W. student in their work with developmentally handicapped clients and families of these clients.

OBJECTIVES: By the end of this course students should be:

1. familiar with the concept of helping, from a personal and professional point of view;
- 2- familiar with ethical^ and legal issues surrounding the use of helping/counselling techniques;
3. able to utilize basic competencies in coxonselling;
4. familiar with at least one helping "concept" or "modality" (an eclectic theoretical construction will be presented in this course, and students will be provided with leads to research and study other theoretical modalities)-
5. a more competent, confident, self-aware and sensitive helper.

METHODOLOGY:

- use will be made of: lecture; discussion (participation is essential to learning); role play demonstration and practice; video and/or audio taping techniques.

LEARNING RESOURCES: Students are expected to purchase a copy of Erikson, Karin, Communications Skills for the Human Services. Reston, Virginia: Reston/Prentice-Hall, 1979.

It should be available in the College bookstore.

EXPECTATIONS FOR GRADING:

1. There will be one exam in this course, near the end. A one week notice will be provided-  
Value . . . . . 20%
  2. Book report/ on the Erikson text.  
Due after we have finished reviewing the text in class - a one week notice will be provided-  
Value. - . . . . . 15%
  3. Essay. Choose one issue related to counselling and helping, thoroughly explain what it is and its significance to counselling, and describe its importance to you.  
  
Due: the last day of class.  
Length: 350-500 words  
  
Value . . . . . 15%
  4. Demonstration of skills and attitude in class. This will be done in an ongoing fashion, by the instructor. Students will be kept informed of their progress and/or problems- The grade will be arrived at in discussion with the students.  
  
Value . . . . . 40%
  5. Overall involvement in class, including punctuality, class discussion, completion of assignments, etc.  
  
Value . . . . . 10%
- \* This grading system will be discussed in the first class. Changes must be agreed on mutually (i.e- by the instructor and a majority of students in class)-