

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: COUNSELLING SKILLS

CODE NO.: HSC200 SEMESTER: FOUR

PROGRAM: DEVELOPMENTAL SERVICES WORKER PROGRAM

AUTHOR: ED FINN

DATE: JANUARY 1995 PREVIOUS OUTLINE:

NEW: X

REVISED:

APPROVED:

K. DeRosario
K. DeRosario, Dean
School of Human Sciences and
Teacher Education

Dec. 22/94
Date

****NOTE:** Do not discard this outline. It will be required by other educational institutions if you are attempting to obtain credit for this course.

**COURSE OUTLINE - HSC200 (COUNSELLING SKILLS)
DSW (PROFESSOR: ED FINN)**

PRE-REQUISITE: CCW 127-3 Introduction to Human Relations or equivalent as approved by instructor

NATURE OF COURSE:

This course is an introduction to "helping" and counselling skills. It is designed to introduce the student to the qualities and methods necessary for effectiveness in the counselling process. Two areas of emphasis will be: 1) the holistic approach to individualizing the counselling process with clients, and their parents/teachers/social workers/etc., and 2) identifying and examining the personal qualities of good and poor "helpers". While the counselling skills presented are generic in nature, the focus will be on the role of the Developmental Service Worker.

GOALS AND OBJECTIVES:

The two keys to the helping process have been identified as the "helper" as a person and his or her skills. The goals of this course concentrate on the "helper's" task of becoming a more aware and effective person, and the precise skills required to realize the desired counselling outcomes.

Expected outcomes include:

1. List the basic helper skills and the key coping skills for self-management.
2. List the behavioral characteristics of helpers.
3. Describe the relationship between helper interview style and helper lifestyle.
4. Discuss the ethical and legal implications in the helping professions (eg. client confidentiality).
5. List the dimensions of a helping relationship.
6. Demonstrate the ability to initiate, maintain, and terminate a helping relationship leading to specific goals.
7. List the main clusters of skills for promoting awareness of understanding self and environment and apply these skills after practice and peer feedback.

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8. Describe the strategies for coping with stress and crisis.
9. List the principles for the referral of clients.
10. Describe the steps in a goal-setting, problem-solving, decision-making model of helping (the behavioral approach to changing specific behavior)
11. Examine and contrast various counselling theories.
12. Identify and develop own unique theory based on personal characteristics and style of personal and professional self-renewal.

REQUIRED TEXT:

Brammer, L.M. (1988). The Helping Relationship: Process and Skills.
4th ed., Toronto: Prentice-Hall.

METHODOLOGY:

This course will be presented through a variety of learning experiences which may include: lecture, discussion, role-play, audio and video viewing or production, field trips, guest speakers, student presentations...

EVALUATION METHODS:

Midterm Test	25%
Final Test	25%
Learning Journals	25%
Project	25%
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	100%

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COLLEGE GRADING SYSTEM:

A+ = 90-100%
A = 80-89
B = 70-79
C = 60-69
R = 0-59

SPECIAL NEEDS NOTES:

Students with special needs (eg. physical limitations, learning disabilities...) are encouraged to discuss required accommodations confidentially with the instructor and the Special Needs Office.