



## CNSK 1401: Basic Counselling Skills

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### EFFECTIVE DATE

April 2019

### DEPARTMENT

Counselling Skills

### DESCRIPTION

This course is geared towards those interested in the field of counselling and provides an opportunity to assess interest in, and readiness for, working in the counselling field.

### CREDITS

2.0

### YEAR OF STUDY

1st Year Post-secondary

### PREREQUISITES

None

### COREQUISITES

None

### COURSE LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- Apply basic empathy skills to a client-centred approach
- Apply active listening skills in a helping relationship
- Explore own assumptions, values, biases, and beliefs in the context of helping relationships
- Recognize the effects of interpersonal communication skills in the context of helping relationships
- Identify elements of cultural safety in the context of helping relationships
- Explain and apply professional and ethical practice as it applies to the field of counselling

### PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

PLAR will be assessed by the Department according to standardized practice and using one or more of the following components: Challenge Exam, Demonstration, Interview, or External Evaluation.

## HOURS

Lecture: 39

Lab: 0

Other: 0

## INSTRUCTIONAL STRATEGIES

Lecture, videos, group discussion/work, reflective writing, written practice of skills, readings, practice sessions, transcripts, peer and instructor feedback

## GRADING SYSTEM

Letter Grade (A-F)

## PASSING GRADE

60%

## EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	35	Transcript
Assignments	20	Transcript
Assignments	15	Journal, other assignments
Quizzes/Tests	20	
Participation	10	Professionalism

## COURSE TOPICS

- The Helping Relationship (What is Counselling)
- Cultural safety
- Nonverbal Communication
- Introduction to the Practice Sessions
- Giving and Receiving Feedback
- Active Listening Skills
- Assumptions, Values, and Biases

- Empathy (why we use it and what it is)
- Demonstrating and Applying Empathy
- Opening and Closing Sessions
- Stages of Counselling
- Self-regulation and Self-care
- Ethics

## LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:  
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

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