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CNSK 1402: Foundations of Counselling

EFFECTIVE DATE

January 2021

DEPARTMENT

Counselling Skills

DESCRIPTION

Using a systemic perspective, this course provides students with the philosophical and practical skills needed to build a foundation of professional practice and is the cornerstone course of the certificate program. Content includes an orientation to the resources offered by Vancouver Community College, the skills of learning, self-awareness and the systemic nature of individual, family, and community interaction. Students will develop an understanding of self-reflective practice that will enhance their ability to make meaningful connections with others, both personally and professionally. Understanding the social determinants of health and how these impact counselling will be an important focus. Students will examine the role of counselling, all aspects of wellness and a variety of theoretical models that address diversity, mental illness and substance misuse and addiction.

CREDITS

3.0

YEAR OF STUDY

PREREQUISITES

None

COREQUISITES

None

COURSE LEARNING OUTCOMES

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

- Develop a cognitive framework for understanding the field of counselling
- Demonstrate appropriate behaviour in the field – professional ethics and conduct, respect, culture of the worksite/college
- Demonstrate increased self-awareness, for example emotional and social expressiveness and receptiveness, psychological mindedness
- Explore personal and professional strengths and deficits as they pertain to the social services field
- Demonstrate critical thinking skills

- Examine the social determinants of health
- Create a personal wellness wheel
- Explain the importance of and celebrate diversity
- Explain the mental wellness approach to counselling
- Explain the structure and function of the healthy brain
- Explain how biological, sociological, psychological and spiritual processes contribute to the development of interpersonal and intrapersonal problems
- Explain the current diagnostic classifications of mental disorders
- Apply the principles of the substance use/abuse continuum, which includes prevention/health enhancement, early intervention, and treatment to the needs of different populations
- Explain the application of counselling approaches to working with clients presenting substance abuse/addiction concern in order to formulate a treatment plan.
- Explain current theories about Concurrent Disorders

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

None

HOURS

Lecture: 45

Other: 6

INSTRUCTIONAL STRATEGIES

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

60%

EVALUATION PLAN

Type	Percentage	Assessment activity
Final Exam	30	
Assignments	20	
Portfolio	20	
Project	20	

Participation	10	
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COURSE TOPICS

- Introduction to VCC and the Counselling Certificate Programs
- The nature of learning – how to be a successful counselling student
- Personal and professional behaviour
- Self-awareness - personal and professional strengths and deficits
- Critical thinking
- Understanding the field of counselling
- Diversity
- Aspects of wellness
- The role of the counsellor
- The social determinants of health
- Structure and function of the healthy brain
- Systems thinking - the nature of the individual in family and community interaction
- Bio-Psycho-Social roots of addiction
- Substance use/abuse continuum
- Counselling approaches to working with clients presenting substance abuse/addiction
- The current classifications of mental disorders
- Concurrent Disorders
- Creation of a personal and professional portfolio

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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