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## CNSK 1405: Individ Couns Skills-Community

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### EFFECTIVE DATE

January 2021

### DEPARTMENT

Counselling Skills

### DESCRIPTION

Discuss the skills of individual counselling as they relate to the counselling relationship and the development of the counsellor. Examine the skills and strategies involved in the counselling process while building on the content of "Basic Counselling Skills". Topics include: the counselling process, understanding and practicing the skills involved in all phases of the counselling relationship, record keeping, ethical obligations, and emerging self awareness and self care. Key course goals: to provide experiential learning related to the client-counsellor relationship; and analyze the issues that emerge from the profession, focusing on the client issues found in community counselling agencies.

### CREDITS

3.0

### YEAR OF STUDY

### PREREQUISITES

None

### COREQUISITES

None

### COURSE LEARNING OUTCOMES

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

- Demonstrated competence in relationship building skills to develop and maintain a counselling relationship
- Ability to explain the nature of the client centered relationship and the counselling skills fundamental to this process.
- Describe other counselling techniques to facilitate client growth
- Ability to discuss their own personal issues and understand their effect on the counselling process particularly as they apply to counter transference.
- Maintain, monitor, and analyze a counselling relationship based on the client-centered model, with a class peer, and under instructor supervision.

- Demonstrate appropriate record keeping skills
- Demonstrate a working knowledge of the stages of counselling and the skills required.
- Demonstrate an increasing competency in skills and an ability to use a variety of skills such as questions, immediacy, self- disclosure and goal setting.
- Demonstrate an ability to conform to the ethical and professional guidelines and obligations as required in their practice counselling sessions.
- Examine the issues found in community counselling agencies
- Participate as a student-client in a student-led counselling relationship and follow through on a schedule of required sessions
- Awareness of the importance of communicating with a diverse population for example race, culture, gender class etc

## **PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)**

VCC – Individual Counselling Skills (CNSK 1103)

## **HOURS**

Lecture: 39

Other: 6

## **INSTRUCTIONAL STRATEGIES**

### **GRADING SYSTEM**

Letter Grade (A-F)

### **PASSING GRADE**

60%

## **EVALUATION PLAN**

Type	Percentage	Assessment activity
Assignments	40	Discussion Questions – Set A + Set B, • Case Notes/Process Journal
Project	45	Transcript Assignment
Other	10	Preparation for Supervision Session w/Instructor
Participation	5	

## COURSE TOPICS

- review Ethics / Self-awareness
- review of beginning stage counselling skills
- transcript preparation
- contracting and assessment
- stages and skills in counselling
- review client-centred model
- review of empathy and core conditions
- record keeping and case notes
- goal setting skills
- keeping a focus
- introducing process skills: immediacy, confrontation, self disclosure
- questions / probes and concreteness
- review advanced empathy
- overview of the process of change
- introduction to a strength based perspective
- working with resistance
- termination and follow up or referral
- transference and counter-transference
- working with difficult situations

## 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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