



v c c . c a

CNSK 1406: Individ Couns Skills-Addiction

EFFECTIVE DATE

January 2021

DEPARTMENT

Counselling Skills

DESCRIPTION

This course focuses on the skills of counselling individuals including the counselling relationship and the development of the counsellor. Students examine the skills and strategies involved in counselling specifically in area of addiction. Content areas build on those covered in Basic Counselling Skills and introduce the concept of Motivational Interviewing. 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. The central purpose of this course is to provide participants with experiential learning regarding the client-counsellor relationship and to analyze the issues that emerge from this work with a specific focus in the area of 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:

- Demonstrate increased competence in relationship building skills, especially empathy as a fundamental way of developing and maintaining a counselling relationship;
- Understand and be able to explain the nature of the client centered relationship and the counselling skills fundamental to this process;
- 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 record keeping skills
- Understand and explain the basic principles, strategies and skills of motivational interviewing;
- Explain the usefulness of motivational interviewing;
- Explain the application of motivational interviewing in a client centred context;
- Appreciate, understand and conform to the ethical and professional guidelines and obligations as required in their practice counselling

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

VCC – Individual Counselling Skills for SA

HOURS

Lecture: 39

Other: 6

INSTRUCTIONAL STRATEGIES

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

60%

EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	40	
Project	45	
Other	10	
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 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
- Trans-theoretical Model of Change/ Stages of Change
- Motivational Interviewing
- Developmental Model of Recovery

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>.

Broadway campus
1155 East Broadway
Vancouver, B.C. Canada
V5T 4V5

Downtown campus
250 West Pender Street
Vancouver, B.C. Canada
V6B 1S9

Annacis Island campus
1608 Cliveden Avenue
Delta, B.C. Canada
V3M 6P1

604.871.7000
VCC.ca

Generated at: 9:19 pm on Apr. 19, 2021