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CNSK 1412: Personal and Professional Development

EFFECTIVE DATE

January 2021

DEPARTMENT

Counselling Skills

DESCRIPTION

Continue personal and professional development by expanding knowledge of ethical principles - especially as applied to practice issues - through case studies, small and large group discussion, and self-awareness exercises. A large component of the course is process-oriented, involving the sharing of students' self-exploration, and examination of the individual's values and personal limitations. Prerequisites: Individual Counselling Skills-Community (CNSK 1405); Foundations of Counselling (CNSK 1402); and (completed or taken concurrently) Diversity, Culture and Counselling (CNSK 1407).

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:

- List and identify the primary ethical principles of most mental health practitioner codes.
- Identify one's ethical principles in ethical dilemmas.
- Describe and demonstrate an ethical decision-making process.
- Explain and demonstrate competency as an ethical obligation.
- Identify one's own values and limitations and how these may influence one's work in the human services field.
- Identify one's own ethical conflicts.

- Demonstrate an ability to think critically.
- Describe the causes and impacts of traumatization on clients and counselors.
- Describe the various indicators of traumatization and vicarious traumatization.
- Identify situations where referral to more intensive services is needed.
- Identify methods of self-care to minimize vicarious traumatization.

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: 29

Lab: 0

Other: 6

INSTRUCTIONAL STRATEGIES

Lecture, videos, group discussion/work, reflective writing, demonstrations, readings, peer and instructor feedback

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

C (60%)

EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	25	Case study – Ethical decision making
Assignments	25	Self awareness study learning journal
Assignments	35	Final case studies
Participation	15	

COURSE TOPICS

- Introduction to values, ethics, and morals
- Critical thinking review
- Ethical decision-making

- Codes of ethics and introduction to competency issues
- Introduction to competency issues – overview
- Confidentiality and record-keeping
- Personal issues and helper competency
- Dual relationships, boundaries, personal values
- Transference and counter-transference
- Trauma, vicarious traumatization
- Diversity
- Self-care as an ethical responsibility

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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Downtown campus

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