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# CNSK 1502: Foundations of Counselling

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## EFFECTIVE DATE

September 2019

## DEPARTMENT

Counselling Skills

## DESCRIPTION

This course provides foundational awareness of the wide range of issues for which people seek counselling and introduces basic principles of being an effective counsellor in working with diverse populations.

## CREDITS

2.5

## 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:

- Identify their own values, beliefs, and biases and recognize the impact that they have on others
- Recognize and describe a variety of clinical presentations including trauma response, addictions, and mental health presentations
- Describe culturally safe practice and demonstrate a basic awareness of the diversity of peoples' worldviews and lived experiences
- Identify aspects of professionalism and ethical practice within the field of counselling
- Describe strategies for helping self and others build coping skills and attain personal goals

## PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

None

## HOURS

Lecture: 45

## INSTRUCTIONAL STRATEGIES

Lecture, videos, small/large group discussion/work, reflective exercises, reflective writing, case studies, readings, guest speakers

## GRADING SYSTEM

Letter Grade (A-F)

## PASSING GRADE

C

## EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	20	Self-awareness assessments (pre- and post-)
Assignments	20	Wellness assignment and/or presentation
Portfolio	20	Creation of professional portfolio
Quizzes/Tests	25	In-class or take-home
Participation	15	Participation and professionalism

## COURSE TOPICS

- Own Values and Beliefs
- Critical Thinking, Problem Solving, and Clinical Judgment
- Recognizing the Variety of Worldviews that Exist
- Introduction to Trauma Informed Practice
- Determinants of Health
- Wellness Continuum
- Mental Health Disorders and Presentations
- Addiction and Harm Reduction
- Process of Change and Motivational Interviewing
- Concurrent Disorders

- Recovery Model
- Professionalism and 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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