



CNSK 1505: Individual Counselling Skills

EFFECTIVE DATE

September 2019

DEPARTMENT

Counselling Skills

DESCRIPTION

This course will build upon the knowledge and skills gained in previous courses and introduce students to a broader range of counselling skills.

CREDITS

2.5

YEAR OF STUDY

1st Year Post-secondary

PREREQUISITES

CNSK 1502 Foundations of Counselling must be taken before or at the same time

COREQUISITES

None

COURSE LEARNING OUTCOMES

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

- Apply a client-centered approach focused on relative safety and trauma informed practice
- Practice fundamental skills that form the basis of counselling
- Recognize the importance of maintaining a self-care practice, fostering resiliency and well-being
- Conduct themselves in a manner according to professional and ethical standards
- Describe the counselling relationship as informed by the impact of oppression

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

None

HOURS

Lecture: 39

Lab: 6

Other: 0

INSTRUCTIONAL STRATEGIES

Lecture, videos, group discussion/work, reflective writing, written practice of skills, readings, practice sessions, transcripts, peer and instructor feedback

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

C

EVALUATION PLAN

Type	Percentage	Assessment activity
Assignments	25	Written assignment(s)
Assignments	15	Preparation for supervision
Project	35	Final video, case notes, and process journal
Project	5	Reflective paper
Quizzes/Tests	5	Quiz
Participation	15	Professionalism and participation

COURSE TOPICS

- Active listening
- Introducing therapeutic relationships – “first session”
- Immediacy in counselling
- Self disclosure
- Transference and counter transference
- Stages of Change
- Advanced empathy

- Use of challenging & confrontation
- Ending therapeutic relationships

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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