HCE 621 Fundamentals of Counseling Skills

This course emphasizes the development of fundamental counseling skills such as attending behavior, listening, reflection of feeling, paraphrasing and questioning. The course examines the process and content of the counseling interview as well as verbal and non-verbal factors which influence the interactions within the counseling relationship. Primary focus is to help the student develop greater self-knowledge and skills in interpersonal communication within the counseling relationship.

Prerequisite: Open to matriculated graduate students; HCE 500 and HCE 620
Credit Hours: 3
Course Type: Laboratory
Ideal Class Size: 12

Relationship to CEHD Core Values

Democracy: Philosophical perspectives, as well as ethical and legal obligations are explored.
Civility & Caring: These values are at the core of every counseling course.
Equity & Diversity: Multicultural counseling competence is an integral part of the course.
Social Justice: Ethical standards compel counselors to be client advocates.
Scholarship: Papers are presented according to APA guidelines. Research literature which has a bearing on the effectiveness and non-effectiveness of counseling is reviewed.
Professional Learning & Continuous Improvement: One of the major elements of CACREP-accredited programs. This course is central to students developing a professional identity and refining their skills.
Ethical Practice: Students sign a Code of Ethics Attestation statement upon entry into the Counselor Education program, and all students are responsible for abiding by the professional Code of Ethics in all course work and activities that represent program outcomes and standards.

Course Goal:
This course will develop basic counseling skills, provide an understanding of the process and content of the counseling interview, and facilitate greater self-knowledge.

Course Outcomes
Students will be able to:
1. provide an experiential framework for development of basic communication skills through supervised practice.
2. facilitate integration of cognitive elements with applied aspects of interpersonal communications.
3. develop an awareness of verbal and non-verbal communication.
4. facilitate an awareness of both client and counselor characteristics and behaviors including age, gender and ethnic differences, personal characteristics, values, and life circumstances.
5. provide an understanding of the developmental stages of change in a helping relationships.
6. assist in the development of greater self-knowledge to better understand their effect on the counseling relationship.
7. provide information related to counseling and the counseling profession.
8. identify and practice the distinctions between counseling and individual and systemic consultation.
9. develop an initial, basic understanding of counselor supervision theory and practice.
10. understand ethical considerations as they relate to the counseling relationship.
11. utilize technology for reviewing and analyzing counseling skills.

2/02
Revised 9/08; 1/11