

## **PSY-402: Foundational Counseling Skills (3 CHs)**

**Prerequisite:** None

### **Course Description:**

This course will provide an overview of theories and various approaches in counseling. It will introduce them to some of the basic skills required for the counseling process. It will touch upon topics: qualities of the helper; helping relationship, self-awareness, active listening and interviewing skills, related professional and ethical issues.

### **Course Objectives:**

The course will facilitate students to

- Develop conceptual understanding about theories and approaches in counseling.
- Learn some of the basic skills in counseling by providing opportunities to understand how their own communication skills can be asset and improved to become effective counselors.
- Identify individual and group counseling techniques.
- Apply counseling techniques with different age groups and settings.

### **Course Learning Outcomes**

At the end of the course the students will be able to:

- Demonstrate understanding of some of basic approaches in counseling.
- Critically explain processes, strategies and skills related to effective counseling (attending behavior, paraphrasing, active listening, empathy, reflective statements).
- Understand the influence of a helper's motives, needs, and attitudes and values in the helping process.
- Demonstrate the knowledge of ethical issues and cultural factors while working in diverse settings.

### **Course Contents:**

- Introduction to counseling theories and approaches

- Basic counseling skills (Attending behavior, Paraphrasing, reflection of feelings, empathy, unconditional positive regard)
- Self as a counsellor
- Boundary of competence for counsellors
- Crisis intervention: Psychological First Aid
- Handling difficult clients
- Case conceptualization of different case vignettes
- Confidentiality and ethics
- Referral to other agencies

### **Textbooks:**

- Hough, M. (2014) Counselling skills and theory. 4th edition. London: Hodder Education.
- Nelson-Jones, Richard, (2002). Essential counselling and therapy skills: the skilled client model. London: Sage Publications.
- Hanley, T., & Winter, L. A. (Eds.). (2023). *The SAGE handbook of counselling and psychotherapy*. SAGE.

### **Reference Books:**

- Capuzzi, D., & Gross, D. R. (2008). Introduction to the Counseling Profession. 5<sup>th</sup> ed. Allyn & Bacon. ISBN-10: 0205591779 | ISBN-13: 978-0205591770
- Smaby, MH & Maddux, CD. (2010) *Basic and Advanced Counseling Skills: Skilled Counselor Training Model. (Skills, Techniques and Process)*. Wadsworth Publishing
- Sue, D. W., & Sue, D. (2003). Counseling the Culturally Diverse: Theory and practice, 4<sup>th</sup> edition. New York: John Wiley & Sons. ISBN-10: 1118022025 | ISBN-13: 978-1118022023
- Koocher, G.P., & Keith-Spiegel, P. (2007). Ethics in Psychology: Professional Standards and Cases. 3<sup>rd</sup> Ed. Oxford University Press. ISBN-10: 0195149114 | ISBN-13: 978-0195149111.