



C-ID Descriptor

Basic Counseling Skills

Descriptor Details

- **Descriptor Title:** Basic Counseling Skills
- **C-ID Number:** 120
- **Suffix:**
 - Community College Use Only (X)
- **Units:** 3.0
- **Hours:** 0000
- **Date of Last Revision:** 10/12/2017 11:44:14 PM GMT+0000

General Description

An introduction to the basic skills and techniques of counseling for addiction counselors. This course describes characteristics of an effective counselor, explores several theoretical models of counseling, and assists the individual to develop skills in active listening, building trust, reflecting feelings and content, and using motivational interviewing techniques.

Prerequisites

No information provided

Corequisites

No information provided

Advisories

English, one level below transfer [i.e., eligibility for English composition (C-ID ENGL 100)] and reading (a course with an exiting skill of ability to read a college level text).

Content

A. Theoretical perspectives

1. Basic theories of counseling and psychological approaches to behavioral change
2. Foundations of helping and relationship building
3. Issues of diversity in helping relationships
4. Ethical considerations in helping relationships
5. Scope of practice and the referral process

B. Counseling skills and techniques

1. Establishing the therapeutic alliance
2. Basic communication skills and techniques
3. Problem solving skills

Lab Activities

No information provided

Objectives

At the conclusion of this course, the student should be able to:

1. Describe the scope of practice for addiction counselors.
2. Demonstrate an understanding of diverse cultures and recognize the importance of incorporating the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice.
3. Apply effective face-to face communication skills and techniques in the counseling session.
4. Define the elements that constitute an effective counseling session including information gathering, problem solving, and referrals.
5. Synthesize information gathered into clear and concise written case notes.
6. Synthesize information gathered to support clients with solutions for problem solving.
7. Evaluate cues that require referrals to more highly skilled professionals.

Evaluation Methods

- A. Participation in classroom exercises
- B. Examinations
- C. Homework
- D. Presentations (oral or visual)
- E. Projects
- F. Written assignments

Textbooks

The Skilled Helper

Egan

Motivational Interviewing

Miller, William & Rollnick

Theory and Practice of Counseling and Psychotherapy

Corey

Introduction to Counseling Skills

Nelson-Jones