



Course Description

HUS2303 | Counseling Techniques | 3.00 credits

Specific counseling techniques are introduced within the various counseling theories. Work involves both group and individual techniques.

Course Competencies:

Competency 1: The student will actively engage in learning specific counseling techniques within various counseling theories, with a focus on both group and individual settings by:

1. Applying specific counseling techniques, such as active listening, empathy, reflection, and reframing, within the context of different counseling theories, to effectively address the needs of clients in both group and individual sessions
2. Integrating specific counseling techniques into practice, incorporating them into therapeutic interventions to promote client growth, self-awareness, and positive change
3. Practicing specific counseling techniques in simulated and real-life counseling scenarios, honing skills through experiential learning and receiving feedback for continuous improvement

Competency 2: The students will to specific counseling techniques within various counseling theories, enabling them to apply these techniques in both group and individual counseling sessions by:

1. Exploring specific counseling techniques within different counseling theories, such as cognitive-behavioral therapy, person-centered therapy, and psychodynamic therapy, deepening understanding of the theoretical frameworks and their practical applications
2. Adapting specific counseling techniques to suit the needs and preferences of clients in group and individual settings, recognizing the importance of tailoring interventions to address unique circumstances and goals
3. Analyzing the effectiveness and applicability of specific counseling techniques within various counseling theories, critically evaluating their strengths, limitations, and ethical considerations

Competency 3: The student will have gained proficiency in applying specific counseling techniques within various counseling theories, both in group and individual counseling contexts by:

1. Demonstrating competence in utilizing specific counseling techniques within the framework of different counseling theories, showcasing skills in delivering effective counseling interventions that promote client well-being and personal growth
2. Collaborating with peers to practice and refine specific counseling techniques, engaging in group exercises, role-playing, and case discussions to enhance understanding and application of the techniques
3. Assessing the impact and effectiveness of specific counseling techniques used in both group and individual settings, reflecting on their own practice and receiving feedback from instructors and peers to continually improve and refine their counseling skills

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Demonstrate knowledge of ethical thinking and its application to issues in society