

NIAGARA UNIVERSITY
Department of Education

- I. Course Number and Title
EDU 651 - Introduction to Counseling (3 credit hours)
- II. Course Catalog Description
This course explores the basic counseling process, including developing active listening skills, building rapport, and facilitating client awareness. The course will also examine the settings in which a professional counselor can practice, such as schools, community and mental health agencies, career counseling centers, rehabilitation programs and addiction programs. Professional roles, ethical standards and professional credentialing will be introduced in this course.
- III. Course Requirements (strictly adhered to)
- A. Regular Attendance
It is expected that each class member will not only attend consistently but will take an active part in the experiential aspects of the course. Attendance will be taken--poor attendance will affect the final grade for the course.
- B. Term Project
Student will maintain a log delineating an analysis of his/her assessment of skills as they develop, where the student feels (s)he needs additional assistance and practice. Strategies for overcoming weak areas will be delineated as well.
DUE: _____
- C. Submission of two (2) counseling tapes for critique by instructor. Student will insure tapes are good quality (technically) and that instructor can hear and understand what is being said. Student is required to submit a blank tape in order that instructor can record his feedback for student.
DUE: _____
- D. Portfolio Piece:
1. Write-up a description of five (5) new pieces of knowledge you acquired from the course.
2. Describe five (5) new skills you acquired from the course.
3. Discuss how the above knowledge and skills have affected you as a professional.
- E. Titles of Texts
Brems, C. (2001). Basic skills in psychotherapy and counseling. Belmont, CA: Brooks/Cole. (Required)
Corey, M., & Corey, G. (1998). Becoming a helper. Pacific Grove, CA: Brooks/Cole. (Recommended)
Meier, S., & Davis, S. (2001). The elements of counseling. (4th ed.). Belmont, CA: Brooks/Cole. (Required)
- F. Method of Evaluation for Grades
1. Individual supervision by professor
2. Participation and contribution in experiential phases of course
3. Completeness and comprehensiveness of term project
4. Quality of work submitted
- IV. Course Objectives
Upon completion of EDU 651 the student will be able to:
- A. Facilitate client expression and self-exploration.
B. Respect freedom of choice.
C. Demonstrate personal counseling skills such as: communicating effectively, being creative, possessing a sense of humor, maintaining objectivity, exercising self-discipline and engaging in a professional growth.
D. Develop a personal approach to counseling that is consistent with the counselor's values and beliefs.
E. Special considerations
1. Counseling persons with special needs/multicultural differences
2. Making referrals
3. Crisis intervention

- 4. Legal/ethical considerations
- F. Establish and maintain a constructive, facilitative, and ongoing relationship with clients.
- G. Demonstrate basic counseling skills used in most or all of the major counseling theories such as expressing empathy, confronting where appropriate, questioning for clarification, and being aware of nonverbal communication.
- H. Conduct counseling sessions in the working stage(s) of the counseling relationship life cycle.
- I. Demonstrate an awareness of professional, ethical, legal and cultural issues.

V. Outline of Course Content

- A. A historical perspective
- B. Who is the counselor?
 - 1. What it means to be a helper
 - 2. The counselor as a practitioner
 - 3. Problems of becoming and being a counselor
 - 4. Professional, ethical, legal and cultural issues
- C. What the counselor can do
 - 1. The helping relationship
 - 2. The learning of counseling skills
 - a. Listening/attending
 - b. Exploration
 - c. Understanding
 - d. Responding
- D. Conducting a counseling session
 - 1. The environment
 - 2. Counselor characteristics and behaviors

VI. Methods of Instruction

The nature of this course is such that the student will be actively involved in practicing the skills which are presented. Methodology will include lecture, role-play, feedback, taping, etc.

VII. Bibliography

- Brammer, L.M. (1988). The helping relationship--Process and skills (4th ed.). Englewood Cliffs, NJ: Prentice-Hall.
- Carkhuff, R.R. (1993). The art of helping VII. Amherst, MA: Human Resource Development Press.
- Corey, G., Corey, M., & Callanan, P. (1988). Issues and ethics in the helping professions. Pacific Grove, CA: Brooks/Cole.
- Egan, G. (1986). The skilled helper. Monterey, CA: Brooks/Cole.
- Hackney, H., & Cormier, S. (1994). Counseling strategies and interventions (4th ed.). Boston: Allyn and Bacon.
- Jacobs, E. (1992). Creative counseling techniques: An illustrated guide. Odessa, FL: Psychological Assessment Resources, Inc.
- Johnson, D.W. (1986). Reaching out: Interpersonal effectiveness and self-actualization. Englewood Cliffs, NJ: Prentice-Hall.
- Martin, D.G. (2000). Counseling and therapy skills. Prospect Heights, IL: Waveland.
- Miller, S. et al. (1988). Connecting with self and others. Littleton, CO: Interpersonal Communication Programs, Inc.
- Scissons, E.H. (1993). Counseling for results--Principles and practices of helping. Pacific Grove, CA: Brooks/Cole.