

# UNIVERSITY COLLEGE OF THE FRASER VALLEY

## COURSE INFORMATION

DEPARTMENT: Human Services

DATE: January 1994  
REVIEW DATE: OCTOBER 2009

Human Services 200  
NAME & NUMBER OF COURSE

Counselling Skills  
DESCRIPTIVE TITLE

3  
UCFV CREDIT

### CATALOGUE DESCRIPTION:

This course is designed to train participants to develop their basic counselling skills. Students will be expected to develop beginning competencies in the Carkhuff and Reality Therapy models of counselling. Students will be expected, in the video lab and classroom, to role-play as well as share real experiences.

COURSE PREREQUISITES: HSER 120, 150 (desirable)

### COURSE COREQUISITES:

HOURS PER TERM FOR EACH STUDENT	Lecture	10 hrs	Student Directed	
	Laboratory	25 hrs	Learning	hrs
	Seminar	10 hrs	Other - specify:	
	Field Experience	hrs	<u>Student Interaction</u>	15 hrs
			TOTAL	60 HRS

UCFV CREDIT   
TRANSFER

UCFV CREDIT   
NON-TRANSFER

NON-CREDIT

TRANSFER STATUS (Equivalent, Unassigned, Other Details)

UBC credits N/A

SFU credits N/A

UVIC units N/A

Other

Gloria Wolfson, Pat Gillespie  
COURSE DESIGNER (S)

W.R. BATE, VICE PRESIDENT  
DEAN OF CAREER PROGRAMS



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COURSES FOR WHICH THIS IS A PREREQUISITE:	RELATED COURSES
HSER 275	

TEXTBOOKS, REFERENCES, MATERIALS (List reading resources elsewhere)

**TEXTS:** Gerard Egan, The Skilled Helper. California, Brooks Cole, 1990  
 Glasser, Wm. (1975). REALITY THERAPY: A NEW APPROACH TO PSYCHIATRY. New York: Harper & Row.

**REFERENCES:** Instructor Prepared Manual (available at Bookstore).

OBJECTIVES:

Upon successful completion of this course, the student will be able to:

1. Demonstrate ability to initiate and close helping Relationships;
2. Demonstrate a beginning competence in the Carkhuff model of helping:
  - a. understand the uses of immediacy, facilitative self-disclosure, and confrontation
  - b. understand the steps of the problem solving process
  - c. understand the concept of personalizing
  - d. understand how to use deficit statements
  - e. recognize false deficit statements
  - f. recognize when someone is making a goal statement
  - g. recognize when someone is ready to action plan
  - h. understand the uses of behaviour theory in problem solving
3. Demonstrate beginning competence in the Reality Therapy model of helping:
  - a. state the eight steps of Reality Therapy
  - b. explain how Reality Therapy is an open process
  - c. explain how to get commitment for action from clients
  - d. explain how to evaluate action taken

METHODS:

- Lectures
- Group Discussions
- Readings
- Systematic Skills Training
- Video Tapes and Feedback
- Consultation Sessions

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**STUDENT EVALUATION PROCEDURE:**

In order to get a grade in this course (because of its experiential nature) students must attend and participate in at least 11 classes and complete all requirements. While the grade for the course will be calculated as below, it should be noted that assignments, etc., are not optional and credit may be denied to those who do not attend the required number of classes and/or do not complete the assignments, videos, and exams and/or whose participation is not satisfactory.

Midterm . . . . .	30%
Written Assignments . . . . .	*50%
Final Exam . . . . .	30%

\* This will include the videos and any written work (such as process recordings) assigned by the instructor. The videos must be done to a satisfactory level and they are not optional. Credit will be withheld from students who do not reach an acceptable level of performance. In the event the tape is not satisfactory, redos will be allowed at the instructors discretion.

- Video I - Carkhuff
- Video II - Reality Therapy

A+	=	> 95	C+	=	72 - 75
A	=	92 - 95	C	=	68 - 71
A-	=	88 - 91	C-	=	64 - 67
B+	=	84 - 87	P	=	60 - 67
B	=	80 - 83	NC	=	< 60
B-	=	76 - 79			

**COURSE CONTENT**

Week 1	Introduction
2	Review of 120 (Getting Set)
3	Reflecting Content Feeling and Meaning
4	Structuring for Information: Immediacy, Self Disclosure, Confrontation
5	Structuring for Information: Personalizing and Deficits
6	Structuring for Information: Problem Solving, Goals and Plans
7	Midterm
8	Review and Practice
9	Reality Therapy - Introduction of 2 styles
10	Reality Therapy - Theory and Practice
11	Reality Therapy
12	Reality Therapy
13	Reality Therapy
14	Wrap up and Catch up