

Common Course Outline
CMDP 110
Individual Counseling Techniques
3 credit hours

The Community College of Baltimore County

Description

Individual Counseling Techniques

Discusses the basic skills involved in the counseling relationship, including attending, client observation, paraphrasing, summarization, confrontation, and reflection of feeling; explores advanced skills and emphasizes skill development rather than an exploration of counseling theory.

Prerequisites: Reading Skill 2, English Skill 2.

Overall Course Objectives.

1. Identify orally or in writing the skills and attitudes necessary to a successful counseling relationship.
2. Define and give examples (orally or in writing) of appropriate use of the following skills/core conditions.
 - A. attending
 - B. client observation skills
 - C. open questions/closed questions
 - D. encouraging, paraphrasing
 - E. summarization
 - F. reflection of feeling
 - G. confrontation
 - H. focusing
 - I. reflection of meaning
 - J. influencing skills
 - K. primary and advanced empathy
 - L. respect, genuineness
3. Explain and demonstrate the use of the four point scale for evaluating the effectiveness of a counselor response.
4. Through role play and taped counseling sessions demonstrate with transcription active mastery of the following skills:
 - A. attending
 - B. open questions/closed questions
 - C. encouraging, paraphrasing
 - D. summarization
 - E. reflection of feeling
 - F. primary empathy
5. Through role play and taped counseling sessions as well as written exams, students will demonstrate identification/basic mastery of the following skills:
 - A. confrontation
 - B. focusing
 - C. reflection of meaning
 - D. influencing skills
 - E. advanced empathy

Note:

Active mastery means the student can produce specific client results from the use of specific skills.

Identification means the ability to recognize and classify accurately certain skills.

Basic mastery means the ability to perform the skill in an interview, although not necessary as a high enough level to produce specific client change.

Major Topics

Overview

Attending Behavior

Observation Skills

Encouraging, Paraphrasing

Summarizing

Reflection of Feelings

Structuring the Interview

Confrontation

Focusing

Reflection of Meaning

Influencing Skills

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member but will include the following:

- Mid term and Final Exams (knowledge based)

- Two tape and transcription projects (skill based)

- Participation and preparation

Attendance is strongly recommended at each class session. Missing two or more class sessions puts the student at risk of failure.

Other Course Information

This course is a program requirement for the Chemical Dependency Counseling degree and certificate programs.

This course serves as a prerequisite for CMDP 124, CMDP 173, and CMDP 211.