

**Common Course Outline**  
**MNTH 103**  
**Techniques of Counseling**  
3 Credits

**The Community College of Baltimore County**

**Description**

Communications and counseling skills are presented. Topics include helping people in crisis, assessing client problems, mental status evaluation, and assessment of suicide risk, problem solving and process of behavioral change. Major theories of counseling and psychotherapy are presented and evaluated. Core facilitative skills of counseling are acquired and demonstrated via experiential coursework.

Prerequisites: MNTH 101, RDNG 052 and admission to the Mental Health Program.

**Overall Course Objectives**

Upon completion of this course, students will be able to:

1. identify and demonstrate core ethical standards and behavior in counseling.
2. identify and demonstrate core attributes of effective helpers.
3. develop awareness of role of culture in counseling and development of therapeutic relationship.
4. identify and demonstrate basic counseling skills.
5. identify and demonstrate attending behavior in an interview session.
6. identify and demonstrate listening responses in an interview session.
7. identify and demonstrate action responses in an interview session.
8. identify and demonstrate the appropriate use of questions in an interview session.
9. identify and demonstrate non-verbal behavior in an interview session.
10. conduct and evaluate a counseling interview session.
11. conduct a suicide assessment.
12. identify and define criteria for making a referral and/or requesting a consultation.
13. identify, define, and critique constructs of major counseling theories.
14. develop an awareness of the dynamics of the interpersonal process in helping.
15. identify and develop therapeutic counseling goals for clients.
16. develop an awareness of his/her own limitations in counseling sessions.

17. develop self-awareness and demonstrate a capacity for self-improvement.

### **Major Topics**

Ethical and legal issues in counseling  
Process of counseling  
Attributes of effective counselors  
Multi-culturalism in counseling  
Basic counseling skills  
Attending behavior  
Listening responses  
Action responses  
Use of questions  
Suicide assessment  
Problem identification & mental status examination  
Client goal-setting  
Treatment selection and planning  
Major counseling theories:  
    Client-centered Therapy  
    Cognitive-Behavioral Therapy  
    Multi-Modal Therapy  
    Reality Therapy  
    Rational Emotive Therapy  
    Behavioral Therapy

### **Course Requirements**

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

    Exams  
    Evaluation of audio-tape of counseling session

### **Other Course Information**

This course is a core course in the Mental Health Program but is open to all students in the CCBC system with the permission of the Mental Health Program Director.