

Course discipline/number/title: HS 1765: Counseling Theory and Practice

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): ENGL 1117
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course introduces students to a wide variety of individual, group, crisis, and system counseling theories. This course also highlights how these theories view community resources, treatment planning, assessment, goal setting, diagnosis, case management, and client education. Lastly, this course provides students with the opportunity to practice these theories, interventions, techniques, and skills in simulated role plays.

C. DATE LAST REVISED (Month, year): February, 2025

D. OUTLINE OF MAJOR CONTENT AREAS:

1. System theory and models
2. Group counseling theory
3. Basic counseling skills and interviewing techniques
4. Relapse prevention philosophy
5. Crisis intervention
6. Client education
7. Case management, service coordination, and case formulation
8. Written documentation, treatment planning, and progress notes
9. Ethical, developmental, and multicultural issues

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Identify the phases of group counseling.
2. Select appropriate ethical, cultural, educational, or theoretical skill, intervention, technique, or concepts.
3. Demonstrate proficiency in counseling theories by accurately modeling the theory concepts, skills, and interventions in simulated role plays.
4. Explain rationale for using skills, interventions and techniques in counseling session, group activity, or psycho-educational demonstration.
5. Write progress or case notes from counseling sessions.
6. Create treatment goals and objectives from counseling sessions into a working treatment plan.
7. Practice case management, service coordination, and case formulation.
8. Design group proposal, interactive educational learning activity, or relapse prevention plan.
9. Formulate a theory and approach to counseling.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Papers
2. Quizzes
3. Counseling demonstrations
4. Presentations
5. Written documentation
6. Performance based projects

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Communication. Students will communicate appropriately for their respective audiences.

I. SPECIAL INFORMATION (if any): None