

**YC 203**  
**Counselling Techniques**  
**3 Credits**

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# YC 203 Version: 1



## Counselling Techniques

### Calendar Description

This course is designed to provide students with an overview of the helping/counselling profession through the use of lectures, readings, class discussions and experiential activities. The focus is on developing and enhancing the necessary skills to interview individuals on a one-to-one basis. The course also focuses on the helping process, stages of counselling, basic counselling skills, counselling theories, practical application of theory, ethical issues, values, caregiver stress, burnout and self-care. Students explore their own values and beliefs and how these impact the helping relationship.

### Rationale

This is a required course for the second year Child and Youth Care and for the Community Mental Health certificate students. This course is foundational for preparing students to work in agencies provide programs for children youth and families. Students acquire and demonstrate the skills necessary to build relationships and interview individuals.

### Prerequisites

HS 242 Interpersonal Relationships and YC 102 Building Resiliency

### Co-Requisites

*None*

### Course Learning Outcomes

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

1. explain what a helping relationship is, explain the helping process and describe the building process.
2. identify formal and informal helping professions.
3. describe the primary theories and theorists of counseling (CBT, REBT, Humanistic, Psychoanalytical, Solution-focused, Beck, Ellis, Rogers, Erickson, Bowlby & Freud).
4. describe different frameworks and forms of therapy
5. integrate the basic helping skills into practice

6. identify and explain planning, problem solving and ethical decisions making
7. identify variables of working with diverse populations
8. illustrate working to create behaviour change
9. describe for helping skills for loss and grief and strategies to cope with loss and crisis.
10. summarize and recognize stress, self criticisms and the importance of supervision and practicing self-care.
11. learn to deal with difficult situations and assist clients in negotiating life transitions.

## Resource Materials

### *Required Text:*

McLeod, J., & McLeod, J. (2011). *Counselling skills: A practical guide for counsellors and helping professionals* (2nd ed.). Open University Press.

## Conduct of Course

This course uses a variety of teaching techniques when delivering the course content, including lectures, PowerPoints, exercises, DVDs/ videotapes. Assignments enable students to demonstrate their understanding of the counselling skills and their ability to apply these skills in an interview setting. Participation in activities and class attendance is critical to success in this course.

## Evaluation Procedures

Students must complete all assignments.

A	Interview Assignment- Write up	30%
B	Interview Assignment - Video	20%
C	Midterm	25%
D	Final Exam	25%
	Total	100%

## Grade Equivalents and Course Pass Requirements

*A minimum grade of D (50%) (1.00) is required to pass this course.*

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.0

**Students must maintain a cumulative average grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.**

## **Attendance**

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Frequent absences may result in the student being placed on probation. Further absences may result in suspension from the program.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

*Instructors have the authority to require attendance in classes.*

## **Course Units/Topics**

1. What is helping, Informal and Formal Helping Relationships
2. Major Theories in Counselling
3. Interventions, Frameworks, Evident and Informed theories
4. Basic Helping Skills and Observational skills
5. Planning, Problem Solving Decision Making
6. Working with Diverse Populations and Negotiating Life Transition
7. Ethical Principles in Counselling
8. Working Together to Change Behaviour and Dealing with Difficult situations
9. Helping Skills for Loss, Grief and Crisis
10. Stress, Burnout, Self-Care and Supervision



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