

COU 601

Theories of Counseling and Practice I

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Course Description and Goals

There are *three major goals* for this course. The *first* is to orient the student to the field of mental health counseling, the *second* is to introduce the student to the most basic techniques of counseling, and the *third* is to facilitate the students' experiential development of the basic relationship and interpersonal skills necessary for mental health counseling and psychotherapy. This will be achieved through personal reflections and self-examination. During the course, the student will increase and sharpen his/her interview skills. Attention will be paid to the basic skills of "hearing" (attending, listening, and responding). By the end of the course the student should have a clear understanding of the overall field and in addition, should have reached the beginning level or improved the necessary basic counseling skills for listening with the "third ear" and be at the beginning level of being able to understand the "implicit message" in each communication. The primary focus will not be on intervention, but rather this course will lead to subsequent courses in counseling interventions. An "a-theoretical" approach will be used and multicultural and diversity issues in interviewing will be examined.

Methods of Instruction

The techniques of instructors will consist of brief lectures, class discussion, videotapes, and role playing.

Course Requirements and Evaluation

Evaluation will be based on:

Class participation	20% of grade
Weekly reflections	20% of grade
Outside of Class Videos	20% of grade
In Class Video Critique	20% of grade
Attendance	20% of grade