

# Northern Marianas College

## CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2019

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

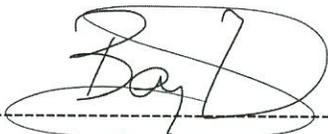
**Course Alpha and Number:** RH310

**Course Title:** Theories and Techniques of Counseling

**Reason for initiating, revising, or canceling:**

The reason for modifying this course guide is to comply with the schedule for periodic course guide review. Substantive changes were made to the following sections to update and streamline content: Prerequisites, Required/Recommended Textbooks, Method of Evaluation, Course Outline, Student Learning Outcomes, and Assessment Measures for Student Learning Outcomes.

Beylul Solomon



12/10/19

Proposer

Date

Roland Merar



School of Education Director

Date

Adam Walsh

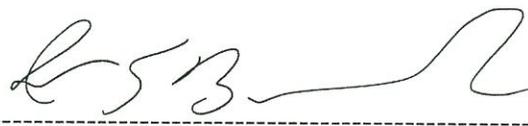


12.10.19

Language & Format Review Specialist

Date

Ajani Burrell



12/10/19

Academic Council Chair

Date

Charlotte Cepeda



12/13/19

Dean of Learning & Student Success

Date

Course: RH310

**1. Department**

School of Education

**2. Purpose**

This course provides vital content for all students who have an interest in the counseling profession. The course melds theory, the practice of communication, and counseling skills with a focus on the foundations of the helping relationship. Ethical, legal, and social counselor responsibilities will be addressed. Skills in counseling assessment, research, and evaluation are developed. The target population is all students pursuing a degree in Education with a concentration in Rehabilitation and Human Services, as well as teachers, parents, administrators, and anyone else having an interest in developing counseling, communication, and interviewing skills.

**3. Description**

**A. Required/Recommended Textbook(s) and Related Materials**

Required:

Erford, B.T. (2017). *Orientation to the Counseling Profession: Advocacy, Ethics and Professional Foundations* (3<sup>rd</sup> ed.). New York, NY: Pearson.

Readability level: Grade 12

Recommended:

Evans, D.R., Hearn, M.T., Uhlemann, M.R., and Ivey, A.E. (2016)., *Essential Interviewing: A Programmed Approach to Effective Communication* (9<sup>th</sup> ed.). Toronto, Ontario-Canada: Thompson Brooks/Cole.

Readability level: Grade 12

**B. Contact Hours**

1. **Lecture:** 3 per week / 45 per semester
2. **Lab:** N/A
3. **Other:** N/A

**C. Credits**

1. **Number:** 3
2. **Type:** Regular degree credits

**D. Catalogue Course Description**

This course melds theory, the practice of communication, and counseling skills with a focus on the foundations of the helping relationship. Ethical, legal, and social counselor responsibilities will be addressed. Skills in counseling assessment, research, and evaluation are developed. Prerequisites: RH215 with a "C" grade or higher; acceptance into the School of Education (Teacher

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Candidacy) or permission of the Director of the School of Education. English Placement Level: EN202. Math Placement Level: MA132. (Course offered: Fall and Spring)

**E. Degree or Certificate Requirements Met by Course**

This course is required for the B.S. Degree in Education with a concentration in Rehabilitation and Human Services.

**F. Course Activities and Design**

Class activities, design, and specific instructional methods will be at the discretion of the instructor. Suggested techniques may include, but are not limited to: lecture, interactive discussion, facilitated group discussions, problem-based learning/case studies, audio-visual, professional article reviews, reactions/reflections, group/individuals presentations, scenario/role-playing, quizzes, and exams.

**4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: RH215 with a "C" grade or higher; acceptance into the School of Education (Teacher Candidacy) or permission of the Director of the School of Education

Concurrent Course Enrollment: N/A

**Required English/Mathematics Proficiency Level(s)**

English Placement Level: EN202

Mathematics Placement Level: MA132

**5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 3-credit course, textbooks, and student activity fees.

Cost to the College: Instructor's salary

Instructional resources needed for this course include: textbooks, whiteboard and markers, projectors, laptop computer, extension cords, and duplicating supplies and materials.

**6. Method of Evaluation**

Students will be evaluated based on their attendance, class participation, written assignments, oral presentations, mock counseling sessions, quizzes, and exams. NMC's grading and attendance policies will be followed.

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## 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Counselor's Roles and Responsibilities
  - 1.1 Holistic wellness model
  - 1.2 Careers in the helping professions
  - 1.3 Effective and ineffective helpers
  - 1.4 Education, career choices, and credentialing
- 2.0 Burnout and Stress Management (Self-Care)
- 3.0 Counseling Responsibilities and Issues
  - 3.1 Ethical
  - 3.2 Legal
  - 3.3 Social
- 4.0 Counseling Skills
  - 4.1 Understanding clients
  - 4.2 Conducting a counseling session
  - 4.3 The counseling process: attendance, exploration, understanding, action, and termination
  - 4.4 Crisis intervention skills
- 5.0 Theoretical Approaches to Counseling and Psychotherapy
- 6.0 Types of Counseling
  - 6.1 Group work
  - 6.2 Family counseling
  - 6.3 Career and lifestyle counseling
  - 6.4 School and university counseling
  - 6.5 Community counseling and consultation
- 7.0 Multicultural Approaches to Counseling
- 8.0 Assessment, Research, and Evaluation

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**8. Instructional Goals**

The course will introduce students to:

- 1.0 The types of people who enter the counseling profession and the things they do;
- 2.0 How counseling fits into the larger role of the helping professions;
- 3.0 Problems, issues, and challenges associated with counseling and the helping relationship;
- 4.0 Ethical, legal, and social responsibilities of counselors;
- 5.0 The helping process as a way to meet the needs of all clients;
- 6.0 The theories, skills, and responsibilities associated with being a counselor;
- 7.0 Human growth and developmental theories as applied to the counselor's role in developing the whole person;
- 8.0 Group work and use in the counseling profession;
- 9.0 Multicultural approaches to counseling and the related body of research;
- 10.0 The roles and procedures involved with assessment of clients; and
- 11.0 The role and use of research and evaluation in counseling.

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**9. Student Learning Outcomes**

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

- 1.0 Explain how the skills and responsibilities associated with being a counselor differ from those of other helping professionals;
- 2.0 Summarize the problems, issues, and challenges associated with the counseling profession;
- 3.0 Differentiate between the ethical, legal, and social responsibilities of counselors from unethical practices;
- 4.0 Demonstrate skills associated with conducting a counseling session;
- 5.0 Describe the theories and theoretical approaches involved in the various types and circumstances of counseling;
- 6.0 Critique the counselor's role in developing the whole person based on the principles of human growth and development;
- 7.0 Discuss group work and how it is used in the counseling profession;
- 8.0 Present an appropriate approach to counseling based on the related body of multicultural research;
- 9.0 Demonstrate the procedures involved with assessment of clients; and
- 10.0 Evaluate the role of research in counseling.

**10. Assessment Measures of Student Learning Outcomes**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Written and oral reports;
- 2.0 Individual and Group Presentations;
- 3.0 Reflective/Reaction Essays;
- 4.0 Journal Entries; and
- 5.0 Quizzes and Exams