

H GEN 6211-002: Counseling Skills

Credit Hours: 3.0

Contact Information

Name	Position	Phone	Email
Faculty TBD			UUGPGC@utah.edu

Course Information

Brief Description of Course

This course is designed for helpers from various disciplines and reflects five critical areas of skill development: (1) interviewing and counseling skills, (2) multicultural counseling competence and multicultural orientation, (3) self-awareness, (4) giving and receiving feedback, and (5) critical thinking and ethical judgment.

Course Objectives

At the conclusion of this course students will be able to:

1. Increase understanding of the counseling relationship and processes.
2. Acquire knowledge and be able to demonstrate competence in relationship-building skills such as attending, reflecting, empathy, inquiry, and self-disclosure; acquire the basic principles of "nonlinear" thinking and conceptualization of client issues.
3. Acquire knowledge and skills necessary to: establish rapport, gather information, set goals, enlist cooperation and terminate counseling.
4. Engage in critical self-reflection.
5. Become "comfortable being uncomfortable" and accept the ambiguity inherent in counseling.
6. Assess one's own experiences, strengths, fears, areas of improvement, and goals pertaining to one's development as a professional counselor.
7. Develop an understanding of the core values and basic principles guiding the professional practice of counseling.
8. Gain an increased awareness of how your personal style and implicit cultural assumptions impact and influence your interpersonal interactions and professional identity.
9. Recognize and demonstrate ethical and developmentally appropriate professional demeanor in preparation for practicum/clinical work.
10. Begin to develop a personal philosophy and style of counseling that integrates the principles and practices of effective counseling with one's own personality and unique strengths.

The ACGC Practice-Based Competencies Addressed in this course:

- Counseling: 3; 3.a, 3.b, 3.c, 3.d.
- Communication: 4; 4.a.
- Research: 5; 5.a., 5.b.
- Healthcare Systems: 6; 6.a, 6.c.
- Professional Identity: 7; 7.a, 7.b, 7.c, 7.d.

Course Format & Schedule

Timeline

One semester

Educational and Instructional Modalities

This course is held one evening, weekly, from 4:35 – 7:05



Role of the Student in this Course

Students will be expected to engage in a variety of learning activities including reading, class discussion, role plays, video-taped role play exercises, and reflections.

Required Textbooks/Readings

- Ivey, A., Ivey, M.B., & Zalaquett, Carlos P. (2017). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (Ninth edition, Student ed.).
- Additional supplemental readings will be posted via Canvas.

Assessment & Grading

Evaluation Methods

Your final grade will be based upon class attendance and participation, counseling role plays, skills demonstration, and service project engagement. **Students must earn at least a B to pass the course.**

Grading System

Students will receive a final letter grade. To pass this course you must achieve an overall score of at least 80% (a B- equivalent) as required by the Department of Human Genetics.

Grading Scale

A	94-100
A-	90-93
B+	85-89
B	80-84
C+	75-79
C	70-74

Standard Policies



The Americans with Disabilities Act.

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, 801-581-5020. CDS will work with you and the instructor to make arrangements for accommodation. All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services.

Addressing Sexual Misconduct.

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

Campus Safety.

The University of Utah values the safety of all campus community members. To report suspicious activity, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu.

Alternate Name and/or Personal Pronoun

Class rosters are provided to the instructor with the student's legal name as well as 'Preferred' first name (if previously entered by you in the Student Profile section of your CIS account). While CIS refers to this as merely a preference, we will honor you by referring to you with the name and pronoun that feels best for you in class, on papers, exams, group projects, etc. Please advise us of any name or pronoun changes (and please update CIS) so we can help create a learning environment in which you, your name, and your pronoun will be respected.

Current COVID-19 Campus Guidelines

COVID-19 Guidelines change rapidly. Please access the most current information COVID-19 Central @ The U. coronavirus.utah.edu