

Basics Counseling Skills and Methods/DAAC 1311

Syllabus

Subject Description: There are many different techniques that counselors can use with their clients. This course provides students with the basic techniques of substance abuse counseling such as: active listening, attentiveness, reflection, paraphrasing, and summarization. Students will also learn the basics of group process, group dynamics, denial, resistance, defense mechanisms, psychodrama, and other specifically group-related approaches. Students will be exposed various counseling approaches including Gestalt, REBT, Cognitive-Behavioral, Transactional Analysis, and Reality Therapy. Each student will discuss the benefits and liabilities of these techniques.

Subject Hours: 45 contact hours (37 hours of synchronous learning, 8 hours of asynchronous learning)

Performance Objectives: Students will learn the basic skills of counseling.

Prerequisites: DAAC 1301

Required Textbooks:

- IAE Training Course III Text and Workbook. Editor: Dr. Rhonda G. Patrick, PhD, LCSW-S, MPA
- *Motivational Interviewing: Helping People Change, 3rd Edition*. Author: William R. Miller and Stephen Rollnick. Publisher: Guilford Press.
- *Substance Use Counseling: Theory and Practice*. Author: Stevens Patricia, Smith Robert L. Publisher: Pearson

Instructional Methods:

- Lecture
- Role Play
- Presentations

Maximum Student: Instructor Ratio: 10:1

Materials and Media References: None

Content Outline:

- Part 1 Attending Skills
- Part 2 Art of Interviewing
- Part 3 Observation Skills
- Part 4 Art of Feedback
- Part 5 Reflections
- Part 6 Basics of Group Facilitation
- Part 7 Exam and Essay

Basis of Grades:	Role Play Presentation	25 percent
	Group Activity	15 percent
	Test	25 percent
	Self-Reflection Assignment	10 percent
	Practice Scripts	25 percent