

# HSSA 115 : Counseling I

**Credits** 4

**Quarter Offered** Winter

Familiarization with skills commonly used for individual and family counseling. Includes attending, paraphrasing, reflecting feelings, summarizing, probing, self-disclosure, interpreting, and confrontation. [HSSA&101](#) and [HSSA 105](#) or permission of instructor is recommended. This class may include students from multiple sections.

**Course Outcomes**

- Identify eight basic counseling skills.
- Define the ten therapeutic counselor characteristics.
- Define therapeutic criteria of counseling environment.
- Identify traits of self-actualized counselor.
- Summarize the grief process.
- Demonstrate knowledge of counseling skills through utilization.