

BHAV 450 : Advanced Counseling Techniques

Credits 5

Quarter Offered Spring

This course provides a comprehensive survey of the major contemporary theories of counseling, as well as their implications for practice. Core topics such as historical background, key concepts, the counseling process, counseling techniques and procedures, multicultural perspectives, and evaluation are examined for each theory. Students are given the opportunity to conceptualize selected case studies, decide on appropriate counseling interventions, and practice a variety of techniques that are commonly used in counseling practice. This class may include students from multiple sections.

Must be seeking a Bachelor of Applied Science in Behavioral Healthcare degree to enroll. If interested, visit pencol.edu/bas

Prerequisites

Behavioral Healthcare BAS Program Admittance

Course Outcomes

Define, implement, and practice major theoretical models of counseling and rapport building

Explain a systems approach to conceptualizing clients cases

Apply basic therapeutic techniques used by each theoretical approach during in-class demonstrations

Describe the multicultural and diversity effectiveness of each theory

Evaluate and demonstrate the appropriate use of techniques associated with selected alternative and emerging therapies

Demonstrate skills of referral and advocacy

Identify issues specific to various social and cultural groups, including those based on gender race, ethnicity, social class, and ability

Demonstrate the ability to assess for difficulties in the areas of addictive behavior, depression, suicidality and/ or homicidal and violent behavior

Evaluate the emerging role of technology-based counseling

Participate in facilitating groups

Define and describe dialectical behavioral therapy (DBT) and cognitive behavioral therapy (CBT)

Analyze major theories of human development

Explore evidence-based modalities of treatment

Apply the theory of Motivational Interviewing