

South Central College

# HSER 1000 Introduction to Counseling

## Common Course Outline

### Course Information

**Description** This course provides students with an introduction to the skills of counseling. Students will learn how to identify and explore feelings, set up a positive environment, learn effective helping skills, and explore treatment issues. Emphasis will be placed on understanding the principles of interviewing and on the demonstrated application of these skills by the student. Students examine how these skills affect relationship building and therapeutic interventions. Guided encounters, discussions, presentations, and assigned projects will be utilized. (Prerequisites: None)

**Total Credits** 3

**Total Hours** 48

### Types of Instruction

#### Instruction Type

Lecture

#### Credits/Hours

3/48

### Pre/Corequisites

None

Demonstrate connections and application of theories to practice.  
Identify key players in counseling theory, and their contributions to counseling theory.

**2. Develop and apply research skills and critically assess literature related to the social sciences professions.**

**Learning Objectives**

Define and develop research skills and techniques in the social sciences.

## **SCC Accessibility Statement**

Disability Services provides accommodations and other supports to students with permanent and temporary disabilities