**BARTON COMMUNITY COLLEGE**

1. **GENERAL COURSE INFORMATION**

Course Number: PSYC 1012  
Course Title: Introduction to Counseling  
Credit Hours: 3 Credit Hours  
Division and Discipline: Social Science, Psychology

Course Description: A study of counseling theories and strategies will be used as a basis for developing basic helping skills and effective listening techniques. This course is suggested for those interested in helping professions.

1. **CLASSROOM POLICY**

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The college assumes that its students and faculty will demonstrate a code of personal honor, which is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. Learn the rules of and avoid instances of intentional or unintentional plagiarism.

1. **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

Introduction to Counseling expands on basic concepts introduced by PSYC 1000 General Psychology. Informal counseling occurs almost daily in our interactions with friends, relatives, and co-workers. When someone has a problem, our usual reaction is to try and help. This course will work towards defining that various interaction on a more formal basis, understanding the various theoretical approaches to counseling, and beginning to build foundational skills to become more effective in any future counseling relationship.

Introduction to Counseling is a depth course and is an approved general education course at Barton Community College.

This course transfers for credit to many Kansas Regent Universities, and may be used to help fulfill program requirements.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. It is the student's responsibility to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

1. **ASSESSMENT OF STUDENT LEARNING/COURSE OUTCOMES**

Barton Community College assesses student learning at several levels: institutional, program, degree, and classroom. The goal of these assessment activities is to improve student learning. As a student in this course, you will participate in various assessment activities. Results of these activities wil be used to improve the content and delivery of Barton's instructional program.

The process of counseling has been derived from many different disciplines and is practiced by these disciplines. The purpose of this course will be to differentiate between the various purposes and methodologies that characterize counseling today, and to determine which of these can be defined operationally. The concrete applications and practices, which can be transferred to the military setting, will be particularly stressed.

1. **COMPETENCIES**

Upon completion of this course the student will be able to:

1. Define counseling in the context of art and science
2. Compare counseling and psychotherapy
3. List and define the qualities of an effective counselor
4. Know the various disciplines in the  helping profession
5. Understand counseling from a historical perspective
6. Describe the formal steps in becoming a professional counselor
7. Explain the ethical and legal considerations of professional counseling
8. List and describe the stages of the counseling process
9. Describe common problems for beginning counselors, and explain ways to correct for these problems
10. Describe assessment and diagnosis techniques
11. Discuss counseling research and evaluation
12. Describe and explain the classic, experiential, and cognitive-behavioral theories of counseling
13. Describe and explain marriage and family counseling
14. Describe and explain child and adolescent counseling
15. Explain group counseling, and compare it to individual and family counseling
16. Describe career counseling
17. Describe school counseling and the special knowledge it requires
18. Describe and explain the professional issues, functions, and strategies encompassed by mental health counseling

Synthesize and apply course content by completing one of the following course projects:  
Research and write a paper on a prominent counseling theorist, counseling theory, or counseling issue

1. Articulate your own theory of counseling
2. Complete an instructor approved research project of your own choice
3. **INSTRUCTOR EXPECTATION OF STUDENTS IN CLASS**
4. **TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE**
5. **REFERENCES**
6. **METHODS OF INSTRUCTION AND EVALUATION**
7. **ATTENDANCE REQUIREMENTS**