

CYC 201: Counselling Process, Progress, and Evaluation

3 credits, 3 hours per week

Course Description

This course is designed to provide an overview of the theoretical models of person-centered counselling, cognitive behavioral counselling, short-term and solution-focused counselling, and motivational interviewing. Focus is on providing students with a set of interviewing skills for use in their work with clients. Ethics, diversity, and self-awareness regarding student's personal values and beliefs and how these impact therapeutic relationships will be explored.

Pre and Co-requisites

N/A

Course Learning Outcomes (CLOs)

Upon successful completion of the course, students will be able to:

1. Discuss the interviewing skills necessary to create therapeutic relationships with children, youth, and their families.
2. Evaluate various theoretical methods of counselling.
3. Examine evidence-based practices for engaging with children and families who have experienced trauma.
4. Explore Indigenous, Black, and racialized communities, including 2SLGBTQQIPAA and disabled communities, through identifying systemic inequities and barriers.
5. Illustrate the importance of trauma-informed practice in working with children, youth, and families who have experienced adversity, abuse, violence, and neglect.
6. Apply the principles of relational practice including consideration for safety, presence, empathy, and trust in the development of therapeutic relationships.
7. Create an awareness of the importance of developing professional boundaries with children, youth, and their families while accepting their complex needs, composition, and dynamics.

Evaluation

Assessment Type	Percentage
Quizzes & Tests	30%
Assignments & Projects	70%
Midterm Quiz (covers interviewing skills & theory)	30 %
Assignment 1: Interview Skills Demonstration & Reflection	20%
Assignment 2: Counselling Theory Case Application	20 %
Assignment 3: Boundaries & Equity Reflection	20 %
Weekly Journal Submissions (10 total)	10 %
Total	100 %

Course Completion Requirements

A minimum passing mark of 60% or C- is required.

Grading Scale

4.0 Grade Scale	Alpha Grade	Percentage Grade
4.0	A+	93-100
4.0	A	85-92.9
3.7	A-	80-84.9
3.3	B+	77-79.9
3.0	B	74-76.9
2.7	B-	70-73.9
2.3	C+	67-69.9
2.0	C	64-66.9
1.7	C-	60-63.9
1.3	D+	55-59.9
1.0	*D	50-54.9
0.0	F	0-49.9

Land Acknowledgement

We respectfully acknowledge that Keyano College is on Treaty No. 8 Territory, the ancestral and traditional territory of the Cree, Dene, and Métis people.

Review Date: March 4, 2024

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