

Prepared by the Department of Social Sciences and Human Services

Date of Departmental Approval: January 6, 2010

Date approved by Curriculum and Programs: March 3, 2010

Effective: Fall 2010

1. **Course Number:** PSY208  
**Course Title:** Principles of Counseling and Crisis Intervention
  
2. **Description:** Analysis of a variety of life crises, methods of effecting intervention, and procedures for establishing a counseling relationship when appropriate. Designed to introduce those currently in, or preparing for, the helping professions or related paraprofessional positions, to the principles of effective crisis intervention and counseling.
  
3. **Student Learning Outcomes:**
  - A. **Knowledge Base of Psychology**  
Students who successfully complete the course work will be able to demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology. Students will apply and analyze various counseling strategies. Students will begin to develop action plans for the initial stages of the helping process.
  - B. **Research Methods in Psychology**  
Students who successfully complete the course work will be able to understand and apply basic research methods in psychology, including research design, data analysis, and interpretation.
  - C. **Critical Thinking Skills in Psychology**  
Students who successfully complete the course work will be able to respect and use critical thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes. Students will demonstrate the application of counseling theory to client issues. Students will compare and contrast at least two different counseling theories.
  - D. **Application of Psychology**  
Students who successfully complete the course work will be able to understand and apply psychological principles to personal, social, and organizational issues. Students will actively demonstrate the application of counseling and crisis intervention strategies. Students will evaluate which interventions may be appropriate for various client issues.
  - E. **Values in Psychology**  
Students who successfully complete the course work will be able to weigh evidence, tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a discipline. Students will recognize the necessity for ethical behavior in all areas of counseling and crisis intervention. Students question the application of western counseling and crisis intervention strategies to various diverse populations and cultures.
  
4. **Credits:** Three credits
  
5. **Satisfies General Education Requirement:** Behavioral and Social Sciences
  
6. **Prerequisite:** PSY101
  
7. **Semester(s) Offered:** Fall, Spring
  
8. **Suggested General Guidelines for Evaluation:** The methods of assessment used to gauge these outcomes are classroom participation, role play, simulating counseling interventions, written work, small group activity and a final exam.
  
9. **General Topical Outline (Optional):**
  - The Helping Relationship
  - Communication Skills
  - Building the Helping Relationship and Establishing Goals
  - Current Theoretical Perspectives
  - Application of Strategies
  - Crisis Theory and Intervention
  - Group Intervention
  - Issues Affecting Counseling and Crisis Intervention