



GRAND CANYON
UNIVERSITY™

CNL-515 | Counseling Skills

Topics & Objectives

COURSE DESCRIPTION

This course provides a broad understanding of counseling processes, including characteristics and behaviors that influence the helping processes. Included are age, gender, ethnic differences, verbal and nonverbal behaviors, personal characteristics, and orientations. The development of counseling techniques is emphasized, including establishing and maintaining the counseling relationship; diagnosing and identifying the problem; formulating a preventative, treatment, or rehabilitative plan; facilitating appropriate interventions; and successfully terminating the counseling relationship.

CREDITS

3

PREREQUISITES

None

CO-REQUISITES

None

Topic 1: Laying the Foundation and the Counseling/School Counseling Relationship

Objectives:

- 1.1: Demonstrate effective communication skills to begin the counseling relationship.
- 1.1: Identify effective communication skills to begin the counseling relationship.
- 1.2: Analyze how a client's behaviors, culture, and individual traits influence counseling. [CACREP 2.F.5.g, 5.C.2.j]

- 1.3: Describe the foundational qualities and impact of an effective counseling relationship.
- 1.4: Describe the importance of empathy and presence in the counseling relationship. [CACREP 2.F.5.f]
- 1.4: Identify the importance of empathy and presence in the counseling relationship. [CACREP 2.F.5.f]
- 1.5: Discuss the impact of psychological fitness on the counselor-client relationship. [CACREP 2.F.5.f]
- 1.6: Discuss the importance of certification and licensure related to your role and professional identity. [CACREP 5.C.2.k]

Topic 2: The Counseling Relationship

Objectives:

- 2.1: Analyze techniques that are important for establishing empathy in the counseling relationship.
- 2.1: Discuss the importance of certification and licensure related to your role and professional identity. [CACREP 5.C.2.k]
- 2.1: Analyze the relationship between theory and application to counseling strategies.
- 2.2: Examine empathy as the core of the counseling process.
- 2.2: Discuss the importance of certification and licensure related to your role and professional identity. [CACREP 5.C.2.k]
- 2.2: Describe the key elements of an effective counseling relationship.
- 2.3: Examine empathy as the core of the counseling process.
- 2.3: Apply probing and summarizing skills in the counseling relationship. [CACREP 2.F.5.g]

- 2.3: Describe the key counselor dispositions in establishing a counseling relationship.
- 2.4: Describe strategies to develop a counselor identity that fosters leadership, advocacy, and effective counseling services. [CACREP 5.C.3.e]
- 2.4: Describe the key elements of an effective counseling relationship.
- 2.4: Apply probing and summarizing skills in the counseling relationship. [CACREP 2.F.5.g]
- 2.5: Analyze the relationship between theory and application to counseling strategies.
- 2.5: Describe the key elements of an effective counseling relationship.
- 2.5: Describe the key counselor dispositions in establishing a counseling relationship.
- 2.6: Describe the key counselor dispositions in establishing a counseling relationship.
- 2.6: Demonstrate the ability to effectively review informed consent with a client.
- 2.6: Identify the role of the counselor in the counseling process within community or private mental health systems. [CACREP 2.F.1.b, 5.C.2.a, 5.C.3.d, 5.C.3.e]
- 2.7: Develop basic counseling skills to establish rapport with clients. [CACREP 2.F.5.f, 2.F.5.g]
- 2.7: Identify the role of the counselor in the counseling process within community or private mental health systems. [CACREP 2.F.1.b, 5.C.2.a, 5.C.3.d, 5.C.3.e]
- 2.8: Develop basic counseling skills to establish rapport with clients. [CACREP 2.F.5.f, 2.F.5.g]

- 2.8: Apply strategies to develop a counselor identity that fosters leadership, advocacy, and effective counseling services. [CACREP 5.C.3.e]
- 2.9: Apply strategies to develop a counselor identity that fosters leadership, advocacy, and effective counseling services. [CACREP 5.C.3.e]
- 2.9: Analyze the relationship between theory and application to counseling strategies.

Topic 3: Basic Counseling Skills

Objectives:

- 3.1: Practice establishing rapport with clients. [CACREP 2.F.5.f]
- 3.2: Apply basic attending counseling skills. [CACREP 2.F.5.g]
- 3.3: Apply empathic questioning and summarizing skills in the counseling relationship. [CACREP 2.F.5.g]

Topic 3: Challenging the Client

Objectives:

- 3.1: Identify ways to help clients challenge their blind spots and move to new perspectives. [CACREP 2.F.5.f, 2.F.5.g]
- 3.2: Develop meaningful advanced counseling skills for challenging clients to change. [CACREP 2.F.5.f, 2.F.5.g]
- 3.3: Identify strategies for moving the counseling process forward when the counselor encounters resistance. [CACREP 2.F.5.f, 2.F.5.g]
- 3.4: Apply basic attending counseling skills. [CACREP 2.F.5.g]
- 3.5: Demonstrate the ability to effectively review informed consent with a client.

Topic 4: What Is Underneath the Story?

Objectives:

- 4.1: Identify the client's stages of change. [CACREP 2.F.5.g]
- 4.2: Analyze the client's readiness to change. [CACREP 2.F.5.g]
- 4.3: Describe how to help the client explore all aspects of the problem. [CACREP 2.F.5.g]
- 4.4: Utilize strategies and skills to identify client presenting problems.
- 4.5: Apply strategies towards developing counseling treatment or intervention plans. [CACREP 2.F.5.g, 2.F.5.h, 2.F.5.j]

Topic 4: Problem Management, Opportunity Development, and Getting the Story

Objectives:

- 4.1: Identify the client's stages of change. [CACREP 2.F.5.g]
- 4.2: Analyze the client's readiness to change. [CACREP 2.F.5.g]
- 4.3: Discuss how to help the client explore all aspects of the problem. [CACREP 2.F.5.g]
- 4.4: Utilize strategies and skills to identify client presenting problems.
- 4.5: Apply strategies towards developing counseling treatment or intervention plans. [CACREP 2.F.5.g, 2.F.5.h, 2.F.5.j]

Topic 5: Reframing the Story

Objectives:

- 5.1: Explain how to help clients establish priorities and focus on appropriate concerns.

- 5.2: Determine ways to help a client develop the “real story.”
- 5.3: Describe strategies for helping clients “reframe the story” and view it from a broader perspective.
- 5.4: Demonstrate meaningful counseling skills. [CACREP 2.F.5.f, 2.F.5.g]
- 5.4: Describe effective suicide prevention models and strategies. [CACREP 2.F.5.1]
- 5.5: Describe the roles and functions of an interdisciplinary treatment team and how they can aid in successful treatment outcomes. [CACREP 5.C.3.d]
- 5.6: Explain theories, models, and strategies for understanding and practicing consultation. [CACREP 2.F.5.c]
- 5.7: Develop meaningful advanced counseling skills for challenging clients to change. [CACREP 2.F.5.f, 2.F.5.g]
- 5.7: Demonstrate meaningful advanced counseling skills for challenging clients to change. [CACREP 2.F.5.f, 2.F.5.g]
- 5.8: Demonstrate skills to help clients challenge their blind spots and move to new perspectives. [CACREP 2.F.5.f, 2.F.5.g]

Topic 6: Identifying Possibilities and Setting Goals

Objectives:

- 6.1: Identify strategies for instilling hope. [CACREP 2.F.5.g]
- 6.2: Evaluate strategies for identifying new possibilities. [CACREP 2.F.5.g]
- 6.3: Discuss guidelines for helping clients identify goals for application of reframing and meaning making and resilience. [CACREP 2.F.5.g]

- 6.3: Discuss guidelines for helping clients identify goals for change. [CACREP 2.F.5.g]
- 6.4: Identify ways for helping clients commit to change. [CACREP 2.F.5.g]
- 6.4: Identify resilience and strengths amidst negative thinking patterns and emotional dysregulation. [CACREP 2.F.5.g]
- 6.5: Identify one possible model of counseling you may use as a counselor. [CACREP 2.F.5.n]

Topic 7: Implementing the Plan

Objectives:

- 7.1: Explain the implementation of an action plan.
- 7.2: Discuss institutional and societal barriers to change and advocacy processes to address barriers. [CACREP 2.F.1.e, 5.C.3.e]
- 7.3: Evaluate strategies for helping clients accomplish their goals. [CACREP 2.F.5.g, 2.F.5.h, 2.F.5.i]
- 7.4: Identify an ethical plan and strategies to help clients become aware of and access community resources. [CACREP 2.F.5.k]
- 7.5: Demonstrate strategies and skills to create developmentally appropriate prevention and/or intervention goals. [CACREP 2.F.5.h]
- 7.6: Develop meaningful advanced counseling skills for challenging clients to change. [CACREP 2.F.5.f, 2.F.5.g]
- 7.7: Identify ways to help clients challenge their blind spots and move to new perspectives. [CACREP 2.F.5.f, 2.F.5.g]

Topic 8: Termination and Maintenance

Objectives:

- 8.1: Describe the successful termination of the client relationship.
- 8.2: Discuss strategies for maintaining client change.
- 8.3: Identify resiliency skills that a client will need to maintain change.
- 8.4: Explain the practice of consultation as a counselor. [CACREP 2.F.5.c]
- 8.5: Identify strengths and areas of growth related to counseling skills and dispositions. [CACREP 2.F.5.a]
- 8.5: Identify strengths and areas of growth related to counseling skills and dispositions.
- 8.6: Discuss the role of supervision to support effective and ethical counselor development during practicum, internship, and professional practice. [CACREP 2.F.1.m]
- 8.7: Identify the role of the counselor in the counseling process within community or private mental health systems. [CACREP 2.F.1.b, 5.C.2.a, 5.C.3.d, 5.C.3.e]

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