Bemidji State University

PSY 3332: Multicultural Counseling Skills

A. COURSE DESCRIPTION

Credits: 4
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course is a practical, skills-based introduction to the development of interpersonal awareness, beginning counseling techniques, and crisis intervention techniques. The purpose of this course is to learn and foster basic counseling and crisis intervention skills. You will learn basic listening skills in the first half of the course, followed by advanced listening and influencing skills in the second half. Prerequisite(s): PSY 1100.

B. COURSE EFFECTIVE DATES: 08/01/2024 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Building Your Foundation
   Ethics, Multicultural Competence, and Wellness
2. Attending Behavior and Observation Skills
3. Questions in an Interview: Opening Communication
4. Encouraging, Paraphrasing, and Summarizing
5. Observing and Reflection of Feeling
6. Conducting an Interview Using only Listening Skills
7. Confrontation
8. Focusing
9. Reflecting Meaning, Interpretation/Reframing
10. Self-Disclosure and Feedback
11. Logical Consequences
12. Information/Advice/Directives
13. Decisional Counseling, Skill Integration, and Developing Treatment Plans
14. Microskills and Theory:
   Person-Centered
   Cognitive-Behavioral
   Brief Counseling
15. Examining and Defining your Personal Style

D. LEARNING OUTCOMES (General)

1. demonstrate counseling microskills in interviews and real-world settings.
2. critically evaluate implications of personal values, culture, and professional ethics when serving multicultural populations in counseling and crisis settings.

3. integrate course concepts and counseling theories into understandings of real-world situations.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted