

# Bemidji State University

## PSY 3332: Counseling and Crisis Interventions

### A. COURSE DESCRIPTION

Credits: 4

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

A practical, skills-based introduction to the development of interpersonal awareness, beginning counseling techniques, and crisis intervention techniques. Prerequisites: PSY 1100 and PSY 2217.

**B. COURSE EFFECTIVE DATES:** 12/23/2010 - 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. learn and practice basic listening skills essential for drawing out the client's story.
2. learn and practice influencing skills important in helping client's change and re-story.
3. learn basic assessment and intervention skills with clients in crisis.
4. gain an understanding of the ethics involved in counseling and clinical practice.
5. gain an understanding and appreciation of the diversity and multicultural impact on the counseling session.

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted