



## Syllabus

### HUS 150 Interviewing and Counseling

#### General Information

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**Date** May 11th, 2021

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**Department** Social Science

**Course Prefix** HUS

**Course Number** 150

**Course Title** Interviewing and Counseling

#### Course Information

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**Catalog Description** A Survey of basic counseling techniques, including an overview of the various schools of counseling-the dynamics of communication, interviewing, resolving resistances by dealing with case materials, and role playing

**Credit Hours** 3

**Lecture Contact Hours** 3

**Lab Contact Hours** 0

**Other Contact Hours** 0

**Grading Scheme** Letter

#### Prerequisites

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None

#### Co-requisites

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None

#### First Year Experience/Capstone Designation

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**This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.**

# SUNY General Education

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This course is designated as satisfying a requirement in the following SUNY Gen Ed categories

None

## FLCC Values

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### Institutional Learning Outcomes Addressed by the Course

Vitality, Inquiry, Perseverance, and Interconnectedness

## Course Learning Outcomes

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### Course Learning Outcomes

1. Practice the stages of the helping interview using a variety of counselor responses and leads.
2. Identify characteristics of effective interviewers and counselors.
3. Employ ethical standards as they relate to interviewing and counseling.
4. Apply the major theoretical approaches to a counseling session.

## Outline of Topics Covered

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HUS 150

Topics outline

- I. Overview of Interviewing and Counseling
  - a. Interviewing
  - b. Counseling
  - c. Psychotherapy
  - d. Counseling/therapy as art and science
  
- II. Ethics in the helping process
  - a. Confidentiality
  - b. Dual relationships
  - c. Mandated reporting
  - d. Multicultural competence
    - i. Diversity in clients

- III. Core skills in the helping process**
  - a. Drawing out client stories**
    - i. Cultural variance**
  - b. Observation and listening skills**
    - i. Attending behavior**
    - ii. Non-verbal communication**
    - iii. Empathy**
    - iv. Genuineness**
  
- IV. Questions**
  - a. Closed-ended questions**
  - b. Open-ended questions**
    - i. Reflection of feelings**
  
- V. Active listening**
  - a. Encouraging**
  - b. Paraphrasing**
  - c. Summarizing**
  - d. Reflection of feelings**
  - e. Reframing**
    - i. Reflection of meaning/interpretation**
  
- VI. Person-Centered theory**
  - a. History**
  - b. Basic principles**
    - i. Non-directive**
    - ii. Being non-judgmental**
    - iii. Unconditional positive regard**
  
- VII. Gestalt theory**
  - a. History**
  - b. Basic principles**
    - i. Increased self-awareness**
    - ii. Bringing past into the present**
    - iii. The Now**

**VIII. Rational Emotive Behavior Theory**

- a.** History
- b.** Basic principles
  - i.** ABCDE model
  - ii.** Irrational vs. rational beliefs

**IX. Motivational Interviewing**

- a.** History
- b.** Basic Principles
  - i.** OARS model
  - ii.** Process of MI

## Program Affiliation

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**This course is not required as a core course in any programs.**