HELPING SKILLS FOR ALL PROFESSIONS

CONFLICT MANAGEMENT, BOUNDARIES, REFLECTIVE LISTENING, NEGOTIATION, GROUP MANAGEMENT, RAPPORT BUILDING, NETWORKING, SELF REGULATION

Register for COUN 195: Helping Skills Professions for Summer 2020

In a society where mental health needs are growing rapidly, many people will encounter conversations where they just don’t know what to do or say next. These conversations may be with anyone; a friend, kid, spouse, client, parent, patient, business partner, customer, student, colleague, teammate. This course will offer fundamental counseling skills, both in the context of a 1:1 conversation and in the context of larger groups. At the end of this course, you will be prepared to negotiate difficult conversations with others using conflict management strategies, reflective listening, group management, rapport building, appropriate boundaries, and self-regulation skills.