

MLR20071 : Counseling Principles and Practices, Part 1

Foundational interpersonal skills of counseling and psychotherapy based on Carkhuff's integrative Human Relations Development (HRD) model will be introduced. The HRD model is a research-based, "common factors" model drawing on the humanist, existential, and behavioral approaches. Students will acquire competence in attending and listening, responding empathically, and discerning significant themes to facilitate client exploration, understanding, and action. This is a practical, "hands-on" course, and a significant portion of class time is dedicated to experiential learning. In addition, students will develop a facility in giving effective feedback. Closed, cohort process course. This class is open to MACP Students only.

Credits 2

Prerequisites

MLR2001, MLR4001 or MLR4002, MLR1001