COUN 94 Course Outline as of Fall 2009

CATALOG INFORMATION

Dept and Nbr: COUN 94 Title: INTRO TO CRISIS COUNSEL
Full Title: Introduction to Crisis Counseling
Last Reviewed: 4/25/2016

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	17.5	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00 Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade Only
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	GUID 201

Catalog Description:
Students will study and practice techniques used for intervention and crisis counseling, intake interviewing and referral. Participants will learn and practice skills in attentive listening, recognizing and responding to different levels of client communication.

Prerequisites/Corequisites:

Recommended Preparation:
Completion of COUN 90, COUN 74, PSYCH 1A and eligibility for ENGL 100 or ESL 100.

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will study and practice techniques used for intervention and crisis counseling, intake interviewing and referral. Participants will learn and practice skills in attentive listening, recognizing and responding to different levels of client communication. (Grade Only)
Prerequisites/Corequisites:
Recommended: Completion of COUN 90, COUN 74, PSYCH 1A and eligibility for ENGL 100

or ESL 100.
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1997	Inactive:	Fall 2021
UC Transfer:		Effective:		Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:
Upon completion of this course, the student will be able to:
1. Identify and analyze the various steps used in crisis counseling.
2. Describe the elements needed in counseling individuals experiencing different types of crisis.
3. Discuss and evaluate the "miracle question" as a counseling technique.
4. Define and discuss the "cognitive keys" that underlie the crisis.
5. Demonstrate how to use observations and client responses.
6. Identify and analyze ethical and professional issues.
7. Describe and utilize referrals as appropriate for crisis intervention.
8. Identify the role of culture and its impact on the crisis counseling session.

Topics and Scope:

I. An introduction to crisis counseling
   A. Crisis defined
   B. History of crisis intervention
   C. The crisis prone person
II. Conducting the crisis counseling session
   A. Developing and maintaining rapport
   B. Attending skills
   C. Identifying the problem
   D. Exploring client coping strategies
   E. Referrals and follow-up
   F. Miracle question
   G. Cognitive keys
III. When crisis becomes dangerous
   A. Suicide
   B. Managing a client who is a danger to others

C. Psychotic breakdowns
IV. Different types of crises
A. Crisis of loss
B. HIV/AIDS
C. Substance abuse
D. Crisis of victimization
E. Crisis of adolescence
F. Crisis of adulthood
G. Crisis of old age
V. Ethical and professional issues
A. Self-awareness, transference and counter-transference
B. Dual relationships
C. Elder abuse
D. Child abuse
E. Informed consent
VI. Culture and crisis
A. The role of cultural factors such as ethnicity and gender
B. The role of the culturally sensitive helper

Assignment:

1. Textbook Reading: 30-40 pages per week
2. Essay exams
3. Three textbook quizzes.
4. 3-5 written reviews of case studies.
5. Five role-plays using crisis counseling terms and techniques.
6. Final exam: essay and written review of a case study.
7. Two client intake reports
8. Two client progress reports
9. Two client service plans

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written reviews of case studies; Client intake reports, progress reports and service plans	Writing 10 - 60%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Role-playing	Skill Demonstrations 5 - 35%

Exams: All forms of formal testing, other than skill performance exams.

Essay; Quizzes; Final	Exams 5 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation	Other Category 5 - 25%

Representative Textbooks and Materials:
A Guide to Crisis Intervention, 3rd edition, K. Kanel, 2006.
Elements of Crisis Intervention-Crises and How to Respond to Them, 2nd edition, James L. Greenstone and Sharon C. Leviton, 2002 (Classic).