

**Course:**

**PSYCH 115 Introduction to Counseling Skills**

**3 hours**

Departments/Programs:

Psychology

A practical introduction to the skills and techniques of counseling in a variety of human service settings. Emphasis is on skill development and application. Includes an overview of different counseling methods and exposure to individuals using these methods in the helping professions.

*Prerequisite(s): PSYCH 101 Introduction to Psychological Science or permission of the instructor.*