

## **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 or permission of the instructor.*