

## PSYCH 3100 Introduction to Counseling Skills

4 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 and integration of well-established theories of counseling and psychotherapy.

*Prerequisite(s): PSYCH 1010/PSYCH 1010FYW Introduction to Psychological Science or permission of the instructor.*  
(Normally offered each spring semester.)