

## PSYCH 3100 Introduction to Counseling Skills

4 hours

Majors, Minors & Degrees:

**Majors**

Psychology (B.A., B.S.)

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.)