**Nebraska Wesleyan University**

# PSYCH 2210 Basic Helping Skills

## Catalog

2026-2027

## Course Description

A practical introduction to helping skills in the field of psychology that are applicable to a variety of professions (e.g., management, human resources, therapy, healthcare, coaching, etc.). Emphasis on skills (e.g., empathy, reflective listening, and effective use of questions) that are developed through hands-on practice and real-life application. Prerequisite: PSYCH-1010FYW/1010

Archway Curriculum: Essential Connections: Experiential Learning: Exploratory

## Course Hours

2 hours

## Departments

1. Psychology