



**Douglas  
College**

**EFFECTIVE: JANUARY 2010  
CURRICULUM GUIDELINES**

<b>A.</b>	Division:	Education	Effective Date:	<b>JANUARY 2010</b>
<b>B.</b>	Department / Program Area:	<b>Faculty of Child, Family and Community Studies/ <i>Child and Youth Care Counsellor</i></b>	Revision	New Course <b>X</b>

**M:** Course Objectives / Learning Outcomes:

**Upon successful completion of this course, the student will be able to:**

**1. Professional behaviour**

- Articulate knowledge of professional ethics and values
- Identify the underlying principles of ethical guidelines
- Describe the difference between personal and professional relationship
- Identify skill strengths and work within current realm of competence
- Practice confidentiality regarding classroom context

**2. Self-awareness**

- Describe the importance of self-awareness to the helping process
- Develop strategies for increasing self-awareness, including giving and receiving feedback
- Use self disclosure appropriately

**3. Relationship building skills**

- Exhibit the core conditions of warmth, empathy, and genuineness
- Demonstrate core conditions in an in-class counselling relationship
- Intentionally use positive non-verbal communication skills
- Effectively ask appropriate questions
- Listen, paraphrase and summarize
- Use confrontation skills appropriately

**4. Counselling/Relational process**

- Define the characteristics of a counselling relationship
- Discuss two theoretical models of helping
- Identify the phases of a counselling /helping process
- Plan and collaboratively set goals within a helping relationship
- Assist with goal and strategy evaluation and readjustment

**5. Culture and diversity**

- Define own worldview and its impact on your beliefs and approach
- Discuss how realities such as racism and oppression impact the relational/counselling process
- Explore the influence of the values, beliefs, behaviours, and traditions of diverse populations on the relational/counselling process
- Adapt counselling strategies to fit the needs of diverse populations

**N:** Course Content:

The development of a positive working relationship is central to the effective relationships with, and counselling of, children and youth.

Child and Youth Care Counsellors seek self awareness, including the impact of their cultural experience on their assumptions and responses. Likewise, the CYC practitioner seeks to understand the influences of past experiences and cultural contexts on the behaviour and worldview of youth.

**O:** Methods of Instruction:

**Lecture/Practice**

**P:** Textbooks and Materials to be Purchased by Students:

**TBA**

**Q:** Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations.

**Typical evaluation will include written assignments, skill demonstration, small and large group participation.**

**R:** sPrior Learn