

Counseling and Helping Relationships I: Verbal and Nonverbal Skills

Introduction to the basic forms and practices of facilitating body- and movement-centered therapy and counseling sessions with individuals. Emphasis is on the stages of counseling, basic counseling skills, attitudes, and values of the counselor, multicultural perspectives, and the importance of the counseling relationship. Skills covered include facilitating a client through the developmental stages of individual process; basic attendance; finding unconscious associations; identifying and working with sensation and movement; cultivation of empathic, compassionate, non-judgmental states; and sensitivity to and methods for working with diverse populations. Methods of instruction include in-class role-playing with supervision, relevant readings, reflection papers, and a final exam that integrates the student's learning.

Course Number: CNSS631

Unit: 3.0

Program: GRAD Somatic Counseling