

Counseling & Helping Relationships II: Verbal and Nonverbal Skills

Using direct experiences to develop clinical skills, this advanced course works with the basic forms and practices of facilitating body- and movement-centered therapy and counseling sessions with individuals. The skills covered include working with resistance, emotional arousal, therapeutic transference/countertransference, character strategy, relationship issues, and energy states. Examples will be given of how the skills apply in various settings to diverse populations. Methods of instruction include in-class role-playing with supervision, relevant readings, reflection papers, and a final exam that integrates the students' learning. Prerequisite: CNSS631.

Course Number: CNSS661

Unit: 3.0

Program: GRAD Somatic Counseling