

# COUNSELLING SKILLS (CNSK)

## **CNSK 1401 Credits: 2.5**

### **Basic Counselling Skills Total Hours: 39**

This course provides an introduction to effective communication in a helping relationship, and provides an opportunity to assess interest in, and readiness for, working in the counselling field. Prior Learning Assessment is available.

## **CNSK 1502 Credits: 2.5**

### **Foundations of Counselling Total Hours: 45**

This course provides foundational awareness of the wide range of issues for which people seek counselling and introduces basic principles of being an effective counsellor in working with diverse populations.

## **CNSK 1503 Credits: 2.5**

### **Theories of Counselling Total Hours: 45**

This course will provide students with an overview of the major theories that form the foundation of counselling practice and that provide a context for counselling interventions and techniques.

## **CNSK 1504 Credits: 2**

### **Introduction to Family Systems Total Hours: 36**

This course will introduce students to systems theory as a framework to understand and support complex and diverse families.

## **CNSK 1505 Credits: 2.5**

### **Individual Counselling Skills Total Hours: 45**

This course will build upon the knowledge and skills gained in previous courses and introduce students to a broader range of counselling skills. **Pre-requisite(s):** CNSK 1502 taken prior or concurrently

## **CNSK 1506 Credits: 2.5**

### **Lifespan Development Total Hours: 45**

This course will provide students with a general introduction to and overview of the field of developmental psychology with a focus on developmental research and theories that have particular relevance for those working in a helping role in community settings. The course follows the life span development of the individual, emphasizing the theoretical and experimental approaches to the study of cognitive, personality, social, perceptual, and physical components of development from conception to death.

## **CNSK 1507 Credits: 2**

### **Diversity Inclusion Culture Total Hours: 36**

The goal of this course is to create inclusive spaces in counselling settings while acknowledging the roles that systems play in oppression and resistance in client's lives. Students will learn about the utilization of anti-oppressive frameworks in working alongside diverse clients and communities.

## **CNSK 1508 Credits: 2.5**

### **Assessment Practices Total Hours: 45**

This course will introduce students to the skills required to appropriately identify and conduct an assessment in various settings with multiple demographics. Encompassing a bio-psycho-social-spiritual model, students will learn a collaborative therapeutic framework for conducting assessments as a client-centered, trauma informed skill, while preserving respect and dignity for clients.

**Pre-requisite(s):** CNSK 1502, CNSK 1505

Prior Learning Assessment is available.

## **CNSK 1509 Credits: 2**

### **Personal and Professional Deve Total Hours: 36**

This course integrates theory and practice learned throughout the program to enable students to be effective, responsible, and professional practitioners in the field of social services.

**Pre-requisite(s):** CNSK 1502

## **CNSK 1510 Credits: 1.5**

### **Indigenous Perspectives Total Hours: 29**

This course will assist students in their roles as a helper by providing awareness of the diversity of Indigenous Nations and cultures, impacts of colonization, and models of healing and wellness. As part of a movement towards reconciliation, students will engage in experiential learning and witnessing and will have the opportunity to incorporate their understanding into their work.

## **CNSK 1511 Credits: 5**

### **Practicum Total Hours: 151**

This course provides students the opportunity to put the skills and theories that they have learned into practice in social service settings. With a focus on empathy, ethical practice, and self-awareness, students engage directly with clients to solidify their learning.

**Pre-requisite(s):**

CNSK 1502; CNSK 1503; CNSK 1504; CNSK 1505; CNSK 1506; CNSK 1507; CNSK 1508; CNSK 1509; CNSK 1510

## **CNSK 2502 Credits: 2**

### **Foundation of Addiction Skills Total Hours: 27**

This course will provide an in-depth knowledge base specific to substance use disorders. Students will acquire the skills, qualities, conceptualizations, and implications inherent with working in a helping role with this population.

## **CNSK 2503 Credits: 1.5**

### **Intro Trauma Informed Practice Total Hours: 22**

This course is designed to increase understanding of trauma, to support clients who present with trauma, and to explore the relationship between addictions and trauma.

## **CNSK 2504 Credits: 1.5**

### **Intro Concurrent Disorders Total Hours: 22**

This course will introduce students to the concept of concurrent disorders through an addictions lens. Students will explore the impacts of concurrent disorders on clients, families, care providers and society, and will learn about various treatment approaches and options to support clients.

## **CNSK 2506 Credits: 3**

### **Addiction and Human Behaviour Total Hours: 45**

This course provides students with an overview of addictive substances and behaviours and the physiological and psychological effects on the body and the mind across the lifespan. The course will examine unique considerations of addictive problems among adolescents, young adults, those in mid-life, and the elderly.

Prior Learning Assessment is available.

## **CNSK 2507 Credits: 1.5**

### **Addiction and Public Policy Total Hours: 22**

This course introduces students to the history and implications of drug policies at local and global levels. Students will consider their own location on the drug policy spectrum and examine the implications for clients and for themselves as workers in the field of addictions.

**CNSK 2508 Credits: 2**

**Addiction Assessment Skills Total Hours: 27**

This course will expand upon a student's skills and knowledge gained in the CNSK 1508 Assessment Practices course and in the field to further develop their understanding and techniques with addictions assessment.

**Pre-requisite(s):** CNSK 1508

**CNSK 2509 Credits: 2.5**

**Group Facilitation Skills Total Hours: 36**

This course provides students with the tools and skills of group facilitation through both theoretical and experiential approaches

**CNSK 2510 Credits: 1.5**

**Indig Perspectives Addiction Total Hours: 22**

This course will provide opportunities for students to engage in in-depth discussions about social and historical issues that have resulted in addictions in Indigenous individuals and communities. Students will explore Indigenous models of recovery and stories of resilience and wellness. Students will engage in experiential learning and witnessing and will have the opportunity to incorporate their understanding into their work.

**CNSK 2511 Credits: 5**

**Practicum Total Hours: 151**

This course provides students the opportunity to put the skills and theories they have learned into practice in social service settings. With a focus on empathy, ethical practice, and self-awareness, students engage directly with clients to solidify their learning. The practicum includes two components; a practicum placement in a community agency and a classroom component on campus.

**Pre-requisite(s):** CNSK 2502, CNSK 2503, CNSK 2504, CNSK 2506, CNSK 2507, CNSK 2508, CNSK 2509, CNSK 2510