Title: Introduction to Counseling, 1 Unit

Schedule: Mondays 6:30pm-8:00pm

Facilitator: Cara Green & Sofia Andrade

Course Description:

This course is intended to provide students with an insight to counseling psychology and to increase campus awareness of mental health issues with an emphasis on the application of theoretical knowledge to real-life situations. Through lectures, assignments, open discussions, and a ton of FUN projects, the class is designed to decrease the stigma attached to counseling and mental health.

First, we will begin with training in peer counseling. Using readings and interactive exercises, students will learn and apply the Rogerian model of peer counseling to a variety of real-life problems. For the second half of the course, we will investigate various mental disorders common in college campuses through guest lectures with professionals and open discussions, ultimately tying the knowledge to how to more effectively peer-counsel. The goal is to translate diagnostic clinical psychology into empathy for those grappling with mental illnesses.