

## SOWO 230 : Supportive Counseling

This course is designed to help students develop helping, listening, and counseling skills. In particular, students will demonstrate an understanding of the therapeutic relationship, including the skills of active listening, empathy and positive regard, and the issues of resistance, transference, and defense mechanisms. Students will identify the effect of body language and environment on the counseling process. Students will identify and practice the skills needed to provide individual and small group counseling in a social service setting.

**Credits** 3.0