

Learning Objectives

MedBridge
Introduction to Counseling Skills
Rebecca Hunting Pompon, PhD

Course Objectives:

- Describe what counseling means for the allied health professional, and explain why counseling skills are important for these clinical disciplines
- Differentiate when a counseling issue is inside or outside professional boundaries
- Recognize the symptoms of depression, and explain how to articulate a referral for mental health counseling
- Illustrate the importance of acknowledging and addressing the patient's family, community, and cultural systems
- Recommend the Caregiver Self-Assessment Questionnaire to caregiving family members
- Perform a three-step process for working with culturally diverse patients
- Integrate the Practical Skills Model for Multicultural Engagement (Alberta & Wood, 2009) into clinical practice

Chapter 1: Course Series Introduction

Why is it important for speech language pathologists and other allied health professionals to become effective counselors? This chapter provides a rationale for building counseling skills, and explains what counseling means for the allied health professional.

Chapter 2: Boundaries of Counseling for Clinicians

While it is essential for allied health professionals to develop strong counseling skills, it is also important to recognize the boundaries of counseling in clinical settings. In this course, Dr. Hunting Pompon will help the participant to differentiate when a counseling issue is inside or outside professional boundaries, and recognize appropriate situations for referral for mental health counseling.

Chapter 3: Systems Theory and Multicultural Considerations

The final chapter of this course provides a detailed discussion of the importance of acknowledging and addressing the patient's family, community, and cultural systems. Strategies for considering culture include the Caregiver Self-Assessment Questionnaire to caregiving family members, a three-step process for working with culturally diverse patients, and integrating the *Practical Skills Model for Multicultural Engagement* (Alberta & Wood, 2009) into clinical practice.