

# PSYC 207

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## **PSYC 207 Intro to Mental Health Counselling**

3 Credits

The most influential psychotherapies will be introduced with particular emphasis on behavioural and cognitive interventions. Issues of evidence based counseling, multicultural counseling, and legal-ethical obligations will also be introduced.

### **Prerequisites**

PSYC 101 and PSYC 102

### **Transfer Credits**

Explore transfer credit opportunities by visiting the BC Transfer Guide (<http://www.bctransferguide.ca>)

