

HS 111

SECTION 1

SUBJECT AREA AND COURSE NUMBER:

I. COURSE TITLE: Introduction to Counseling in Human Services

II. CATALOG COURSE DESCRIPTION:

A developmental-based, experiential course designed to introduce pre-professional to the basic concepts, theories, and skills used in human service counseling. Practical application of skills and role-playing will be emphasized.

PREREQUISITES(S) None

III. LECTURE HOURS PER WEEK: 3

IV. COURSE OBJECTIVES:

1. To introduce students to theories and concepts generic to the Helping Professions. Methods: This section will utilize textual material, lecture, audio-visual materials, and individual and group experiences.
2. To initial the development of basic interviewing skills. Focus and emphasis will be on the beginning stages of the helping process. Methods: This section will rely heavily upon experiential learning and will assist skill development through role-playing and modeling, as well as through activities and group experiences based upon the text.
3. To develop abilities as regards the application of the theoretical material, concepts and skills within the Human Services which have relevance for the students. Method: This section will utilize case studies, narrative case material, audio-visual and group interaction.
4. To assist students in developing the ability to be with others in a constructive, supportive, growth-producing way. To encourage the development of self-awareness, especially as regards to the impact of self-relation to others, both personally and professionally. This aspect also focuses on the impact of personal value orientation upon one's perception and interaction in the world. Method: Through the use of the experiential models, student have the opportunity to experiment with new and effective ways of being with other people. In learning concepts which reflect the humanistic value system (i.e. acceptance of others, empathy, non-judgmentalness) within the Helping Professions. Students will be encouraged to engage in self-exploration regarding their present styles and ways of being with others and to examine their basic attitude, values and beliefs. Students will also be encouraged to develop awareness regarding areas of strengths and weaknesses in the development of interviewing skills.

SECTION II

V. COURSE CONTENT AND SCOPE

A. OUTLINE OF TOPICS TO BE ADDRESSED IN THE COURSE

1. Characteristic of Effective Helpers
2. Stages of Counseling
3. The Importance of Contracts
4. Client Experiences in Counseling Sessions
5. Building Relationships: Review of Effective Characteristics and Ethical Conduct
6. Entering the Counseling Professions
7. Developing Goals, Defining Strategies, and Creating Treatment Plans
8. Introduction to Interventions
9. Theories of Counseling
10. Termination of Counseling Session With Clients

B. APPROPRIATE READINGS

Dependent on faculty placement .

C. READINGS AND WRITING ASSIGNMENTS

Dependent on faculty placement

D. APPROPRIATE OUTSIDE ASSIGNMENTS

Dependent on faculty placement

E. APPROPRIATE CRITICAL THINKING ASSIGNMENTS

Dependent on faculty placement

VI. METHODS OF EVALUATION

1. Two exams, a midterm, and a cumulative final. These will count as 50% of the final grade
2. Papers and assignments will count as 35% of final grade
3. Quizzes and class participation will count as 15% of final grade

VII. METHODS OF INSTRUCTION

1. Lectures
2. Simulated family and team role-playing
3. In-class discussion
4. Observations
5. Guest speakers
6. Small-group work
7. Field trips

VIII. REQUIRED TEXTS AND SUPPLIES

1. Okun, Barbara. Effective Helping: Interviewing and Counseling Techniques (3rd edition) Duxbury Press, 1987.
2. Cormier, L. Sherilyn and Hackney, Harold. The Professional Counselor: A Process Guide to Helping (2nd edition), Allyn and Bacon, 1993

IX. TECHNOLOGY NEEDS

1. Use of computers to complete written assignments
2. Use of computer to access client support services