

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** HMS 122

**Credits:** 3

**Course Title:** Basic Counseling Skills II

**Course Description:** Expands the development of counseling skills needed to function effectively in a helping relationship. Emphasizes skills in responding, personalizing, summarizing, and initiating. Clarifies personal skill strengths, deficits, and goals for skill improvement. Develops plans for achieving personal and program goals. Prerequisite: HMS 121. Lecture 3 hours per week.

**General Course Purpose:** This course can be used to satisfy the requirements of the Human Services AAS degree by the college. In addition to human service majors, this course offers students in other disciplines an opportunity to explore and learn about the profession of counseling.

**Course Prerequisites and Co-requisites:**

Prerequisite: HMS 121

**Student Learning Outcomes:**

Upon completing the course, the student will be able to

- a. Recognize the collaborative nature of the therapist-client relationship;
- b. Use a practical, three-stage model that drives client problem-managing and opportunity-developing action;
- c. Develop skills to become a more confident and competent helper;
- d. Use "positive psychology" and solution-focused counseling methods;
- e. An understanding of the human services worker as a professional and the various roles which the human service worker assumes in the community; and
- f. Develop knowledge and understanding of some of the major populations served by human services professionals and some of the specific sub-fields within human services.

**Major Topics to Be Included:**

- a. Counseling Skills
- b. The Resistant Client
- c. The Competent Counselor in a Diverse World

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