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. Lecture 3 hours per week.

Course Objectives:
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.
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.

Effective Date of Course Content Summary:  January 10, 2011