

BH 162 : EFFECTIVE HELPING SKILLS I

Transcript title

Effective Helping Skills I

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

BH 101 and WR 121Z.

Course Description

Focus is on skills of interacting with people both verbally and non-verbally, as well as the ethical and cultural underpinnings to helping and interviewing. Emphasis placed on understanding and application of the principles of reflective listening. Significant concentration on practicing skills with peers.

Course learning outcomes

1. Demonstrate effective counselor characteristics and behaviors through oral, written, and nonverbal communication.
2. Demonstrate beginning-level interviewing and counseling skills.
3. Describe factors, such as cultural diversity, ethics and personal values, which influence the helping process.
4. Demonstrate self-awareness to promote therapeutic relationships and appropriate professional boundaries.
5. Articulate suicide prevention strategies.

Content outline

1. Ecological Systems Theory
2. Basic Attending Skills
3. Reflections
4. Clarifying
5. Responding to Feelings and Emotions
6. Summarization
7. Integration of Skills
8. Issues of diversity, equity and inclusion
9. Crisis Intervention/suicide prevention
10. Theoretical Approaches
11. Professional presentation for job interviews

Required materials

[Textbook and](#) access to a computer for video work.

General education/Related instruction lists

- Human Relations