

# HS 162 : EFFECTIVE HELPING SKILLS I

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## Transcript title

Effective Helping Skills I

## Credits

4

## Grade mode

Standard letter grades

## Contact hours total

40

## Lecture hours

40

## Prerequisites

HS 101 and WR 121.

## 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 interviewing. Significant concentration on practicing skills with peers.

## Learning outcomes

1. Demonstrate effective counselor characteristics and behaviors through oral, written, and nonverbal communication and expressions.
2. Demonstrate essential interviewing and counseling skills.
3. Describe factors, such as cultural diversity, ethics and personal values, which influence the helping process.
4. Demonstrate an orientation to wellness and prevention as desired counseling goals; including values assessment and self-care strategies appropriate to the counseling role.
5. Illustrate self-awareness to promote therapeutic relationships and appropriate professional boundaries.

## Content outline

- Ecological Systems Theory
- Basic Attending Skills
- Attending Behavior
- Reflections
- Clarifying
- Responding to Feelings and Emotions
- Summarization
- Integration of Skills
- Multicultural Issues
- Crisis Intervention
- Theoretical Approaches

## General education/Related instruction lists

- Human Relations