

HS 262 : EFFECTIVE HELPING SKILLS II

Transcript title

Effective Helping Skills II

Credits

4

Grade mode

Standard letter grades

Contact hours total

40

Lecture hours

40

Recommended preparation

[HS 162](#) or instructor approval.

Description

Provides central theoretical and empirical tenets of Motivational Interviewing (MI), as well as practice of skills to deliver the intervention to a wide range of clients in diverse settings. Students will learn and practice both the spirit and techniques of motivational interviewing.

Learning outcomes

1. Define motivational interviewing and the basic structure of its use in treatment or therapy.
2. Describe techniques used as part of motivational interviewing to assess ambivalence and foster change in the client.
3. Demonstrate motivational interviewing skills.

Content outline

Spirit of Motivational Interviewing
OARS-Open Ended Questions, Affirmations, Reflections, Summaries
Evoking Motivation
Deeper/Double Sided and Amplified Reflections

Required materials

Textbooks, access to a video camera and USB.

Grading methods

Grading may be determined by video taping, presentations, papers, homework-workbook, participation and exams.