SOUTHEAST COMMUNITY COLLEGE
HEALTH SCIENCES DIVISION
HUMAN SERVICES
Revision Date: 11/2023

I. CATALOG DESCRIPTION

Course Number:	**HMRS 1102**
Course Title:	Counseling Theories & Techniques
Prerequisite(s):	HMRS1100
Catalog Description:	The study of functional theories, principles, and techniques of counseling: active listening, reflective feedback, summarizing, self-disclosing, displaying empathy, confronting, establishing rapport, and problem-solving.
Credit Hours:	3
Class Hours:	45
Lab Hours:	0
Total Contact Hours:	45

II. COURSE OBJECTIVES: *Course will:*

1. Illustrate how to engage in the basic micro skills of the interview.
2. Explain the likely impact of your helping interventions on client conversation.
3. Develop the needed foundation for learning skills and theories through ethical practice, multicultural competence, and a wellness and positive psychology approach to the interview.
4. Examine how to learn about and build on your natural helping style.
5. Develop an understanding of how recent work in neuroscience supports skills in interviewing and counseling.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:

A. STUDENT LEARNING OUTCOMES: *Student will be able to:*

1. List and describe major theories of counseling.
2. Discuss and demonstrate active listening skills.
3. Describe and demonstrate the use of problem-solving models.
4. Demonstrate skill integration.

B. GENERAL EDUCATION LEARNING OUTCOMES

GELO #1: Oral Communications

1. Assess an audience and situation so as to adapt verbal and non-verbal messages to best meet the needs and expectations of the audience.
2. Utilize active and critical listening behaviors.

GELO #3: Critical Thinking and Problem Solving

1. Evaluate the validity of arguments, alternatives, data, outcomes, and/or impacts of actions.
2. Acquire and integrate knowledge and construct relationships across the disciplines.

GELO #6: Career and Life Skills

1. Develop skills that will support positive and fulfilling relationships with others.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information)*

- **A.** Major Counseling Theories (7.5 Contact Hours)
- **B.** Attending Skills/Establishing Rapport (1.5 Contact Hours)
- **C.** Questioning/Inquiry/Probing (3.0 Contact Hours)
- **D.** Client Observation Skills (3.0 Contact Hours)
- **E.** Listening Responses/Reflection (9.0 Contact Hours)
- **F.** Confrontation/Feedback (4.5 Contact Hours)
- **G.** Self-Disclosure (1.5 Contact Hours)
- **H.** Problem-Solving (3.0 Contact Hours)
- **I.** Skill Integration (19.0 Contact Hours)

V. INSTRUCTIONAL MATERIALS

A. Required Text(s):

Ivey, Allen; E. Mary Brandford Ivey, Carols P. Zalaquett; *International Interviewing and Counseling (Facilitating Client Development in a Multicultural Society)*; current edition, Brooks/Cole Cengage Learning

B. Other Resources:

Interactive resource CD-ROM, book companion website

VI. METHODS OF PRESENTATION/INSTRUCTION

A. Methods of presentation typically include a combination of the following:

1. Instructors will make use of varied instructive teachings including several of the following: lectures, small and large group discussion, collaborative projects, guest speakers, case studies, research, peer response and evaluation, journals, essays and/or written papers, conferences, computer-assisted instruction, interactive/creative methods, multimedia and field trips.

VII. METHODS OF EVALUATION

A. Methods of evaluation typically include a combination of the following: a combination of assignments, quizzes, exams, projects, skills display check offs, etc. For grading expectations please see the Course Information Document.

SCC STANDARD GRADING SCALE POLICY:

A+	**95-100**	**C+**	**75-79**
A	**90-94**	**C**	**70-74**
B+	**85-89**	**D+**	**65-69**
B	**80-84**	**D**	**60-64**
		F	**Below 60**

VIII. SPECIFIC COURSE REQUIREMENTS:

Requires a grade of "C" or above to meet graduation requirements for the Human Services Program.