

COURSE OUTLINE

HUMS-122 Individual Counseling Techniques 3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course will make available for use clinical methods that attend both to developing diagnostic understanding and to implementing treatment skills with mental health and/or chemically abusing/dependent populations. (3 hours weekly) NOTE: Also listed as HEED-122.

Overall Course Objectives

1. Describe the emotional demands and rewards of counseling clients.
2. Discuss the boundaries necessary for a healthy and effective counseling relationship.
3. Demonstrate understanding of both the conceptual and practical meaning of the “core tools”; empathic understanding, respect, genuineness, self-disclosure, concreteness, confrontation.
4. Compare ethical and legal responsibilities as they apply to the helping relationship.
5. Analyze the personal and social costs of mental illness and addictive behavioral patterns.
6. Identify the major theories of psychology and addiction in understanding addictive and abusive behavior patterns.
7. Identify symptoms and behavior patterns associated with emotional and behavioral disturbances and chemical dependency.
8. Recognize defense mechanisms utilized by clients, and to effectively and constructively confront that client to help them recognize any destructive behavioral patterns.
9. Interview individuals in a constructive goal oriented manner.
10. Identify the basis of the formation, maintenance and termination of a counseling relationship with individual clients.

Major Topics

1. Setting and using appropriate boundaries and professional ethics with clients
2. Reviewing the major theories of psychology and addiction and practicing the core tools of counseling
3. Identifying the symptoms of psychological and addictive diagnoses
4. Recognizing the defense mechanisms used by clients and through practice gain experience in the techniques of constructively confronting these destructive behaviors
5. Understanding the life cycle of the counseling relationship from formation to termination

Course Requirements

Grading/Exams:

Grading procedure will be determined by the individual faculty member but will include the following: mid-term exam, (4) taped sessions, reaction paper, final exam, and class attendance and participation. Final grades will be on the basis of the cumulative total.

Writing:

Students are expected to attend a 12-step support meeting (DRADA, AA, NA, etc.) and write a two (or more) page paper on his/her experience in the meeting. The reaction paper must be no less than two pages in length, double-spaced and must be typed.

Other Course Information

This course is an Arts and Sciences elective.