RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

HMNS 205 INTERVIEWING AND COUNSELING SKILLS

I. Basic Course Information

A. Course Number and Title: HMNS 205 Interviewing and Counseling Skills

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Spring 2020

D. Effective Term: Semester: Fall 2020

E. Sponsoring Department: Humanities, Social Sciences, Social Work, & Education

F. Semester Credit Hours: 3

G. Weekly Contact Hours: 3 Lecture: 3

Laboratory: 0

Out of class student per week: 6

H. Prerequisites: PSYC 103: Introduction to Psychology or HMNS 102: Introduction to Social Work and Social Welfare

I. Laboratory Fees: N/A

J. Name and Telephone Number or E-Mail Address of Department Chair: Brandyn Heppard, HSSE Department Chair, <u>brandyn.heppard@raritanval.edu</u>; Patrice Marks, Division Dean, Liberal & Fine Arts, <u>Patrice.marks@raritanval.edu</u>

II. Catalog Description

Prerequisites: Introduction to Psychology (PSYC 103) or Introduction to Social Work and Social Welfare (HMNS 102)

The course is designed to provide an opportunity to develop and practice social work competencies and counseling techniques interventions through role playing, self-exploration and case study analysis. Specific emphasis will be given to assessment instruments and processes, professional documentation requirements, interviewing techniques and preliminary counseling skills necessary for field work. In class and independent exercises will focus on the development of effective verbal and written communication skills necessary in human service settings.

1

III. Statement of Course Need

- A. Presently students acquire theoretical knowledge of supportive counseling skills for intervention in social work and human service settings. Development and practice of these skills is a pre-requisite to field or job placement to ensure competency in basic skills.
- B. There is no lab component.
- C. This course is accepted as a human service/social work elective at many 4-year institutions, and is generally required prior to the completion of field experience in CSWE accredited BSW programs.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course fulfills a requirement in the A.S. degree in Human Services/Pre-Social Work, the Certificate in Human Services, Certificate in Chemical Dependency, and the Certificate of Completion in Human Services.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. The Clinical Interview
- B. Values, Ethics and Diversity
- C. Getting Started
- D. Attending and Listening
- E. Support and Empathy
- F. Exploration and Elaboration
- G. Assessment and Goal Setting
- H. Planning and Evaluating Change
- I. Gaining New Perspectives
- J. Changing Behavior
- K. Working with People in Crisis
- L. Examining the Clinical Relationship
 - 1. Relationship Dynamics
 - 2. Self-Disclosure
 - 3. Boundary Issues
- M. Endings and Transitions

VI. Educational Goals and Learning Outcomes

A. General Educational Goals

At the completion of the course, students will be able to:

1. Communicate effectively, both verbally and in writing, individually. (GE-NJ 1)

- 2. Explain concepts, theories and models of human service/social work intervention. (GE-NJ 5)
- 3. Identify their own prejudices, biases, and needs and explain how these influence behavior, attitudes and judgments about others. (GE-NJ 8)

B. Course Learning Outcomes

At the completion of the course, students will be able to:

- 1. Gather information, develop an initial hypothesis, and create a preliminary service plan.
- 2. Use interviewing and assessment techniques appropriate to the situation during inclass simulations and written examinations including case scenarios
- 3. Identify personal values, attitudes and biases that they bring to the helping role through required journal entries and personal reflections

C. Assessment Instruments

- 1. Journals
- 2. Written & verbal analysis of case scenarios
- 3. Role playing and simulations

VII. Grade Determinants

- A. Journals
- B. Written assignments
- C. Skills demonstration

VIII. Texts and Materials

Samples of specific texts that may be use:

Murphy, B.C., & Dillon, C. (2008). *Interviewing in action in a multicultural world*. Belmont, CA: Brookes/Cole.

- Cummins, Sevel, & Pedrick. (most recent edition). *Interviewing & social work skills*. Allyn & Bacon.
- Haulotte, S.M., & Kretzschmar, J.A., (most recent edition). *Case scenarios for teaching and learning social work practice*. Alexandria, VA: CSWE.
- Mattaini, M. (most recent edition). *Clinical practice with individuals*. Washington, DC: NASW Press.
- Mattaini, M. (most recent edition). *Clinical intervention with families*. Washington, DC: NASW Press.

Supplemental student workbook recommended.

3

IX. Resources

A. Classroom instruction

X. Honors Option

n/a

Revised 3/29/19