

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** HMS 121

**Credits:** 3

**Course Title:** Basic Counseling Skills I

**Course Description:** Develops skills needed to function in a helping relationship. Emphasizes skills in attending, listening, and responding. Clarifies personal skill strengths, deficits, and goals for skill improvement. Lecture 3 hours per week.

**General Course Purpose:**

**Course Prerequisites and Co-requisites:**

**Course Objectives:**

Upon completing the course, the student will be able to

- a. Identify the purpose, roles, and values/ethics related to the clinical interview;
- b. Learn and practice attending and listening, including verbal and non-verbal communication;
- c. Learn and practice support and empathy, including genuineness, validation and empathy in the counseling relationship;
- d. Learn and practice exploration and elaboration using questioning techniques;
- e. Understand assessment, goal-setting, contracting, and evaluation;
- f. Identify the five strategies for change; and
- g. Sequence skills and interview stages.

**Major Topics to Be Included:**

- a.

**Effective Date of Course Content Summary:** June 20, 2005