

**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: This course can be used to satisfy the requirements of the Human Services AAS degree by the college. In addition to human service majors, this course offers students in other disciplines an opportunity to explore and learn about the profession of counseling.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

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. Counseling Theories
- b. Development of Counseling Skills
- c. The Counseling Relationship
- e. Ethics and Professional Values in Counseling

Date Created/Updated (Month, Day, Year): January 30, 2019