

HSVC C101: HELPING THEORIES AND INTERVENTION STRATEGIES

Item	Value
Top Code	210400 - Human Services
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

An overview of the major helping theories and strategies in the counseling process. Emphasis will be placed on enabling students to develop theoretical foundations and apply appropriate intervention strategies. Topics covered include dealing with a crisis and disaster, clarifying personal values, solving common problems encountered as a helper, and case management. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Given case studies or interviews with clients with various problems and in various contexts, make correct decisions about when to make referrals to other helping professionals.
2. Select and implement effective and ethical helping intervention strategies based on analysis of client needs, culture, and values.

Course Objectives

- 1. Demonstrate an understanding of the prominent theories of helping.
- 2. Effectively apply helping theory to practice.
- 3. Develop theoretical framework for helping based on the study of existing theories and the examination of personal values, beliefs, behaviors, needs, and feelings.
- 4. Describe personal characteristics, including strengths and weaknesses that influence helping effectiveness.
- 5. Review professional ethics and obligations.
- 6. Relate knowledge about the developmental history of helping theories.
- 7. Differentiate culturally sensitive helping interventions.

Lecture Content

Introduction The Helper s Changing Role and Functions What Makes a Helper Successful The Two Stages of Counseling The Human Relations Counseling Model The Helping Relationship Kinds of Helping Relationships How Helping Relationships Develop Effective Communication Behaviors Characteristics of Effective Helpers Helper

Self-Assessment Client Variables Communication Skills Perceiving Nonverbal Messages Hearing Verbal Messages Responding Verbally and Nonverbally Advanced Verbal Response Skills Silence Stage One: Building the Relationship and Establishing Goals Conditions Affecting the Relationship Stage Initiation Entry Clarification of Presenting Problem Definition of Structure/Contract Intensive Exploration of Problems Establishment of Possible Goals and Objectives Helping Theory Personal Theories of Human Behavior Psychodynamic Theory Phenomenological Theory Behavioral Theory Cognitive and Cognitive-Behavioral Theories Current Theoretical Perspectives Constructivism Feminist Therapies Multicultural Models Integrative Theoretical Approaches Multimodal Theory and Therapy Ecological Systems Perspective Introduction to Strategies Strategies and Three Main Problem Areas Affective Strategies Affective-Cognitive Strategies Cognitive Strategies Cognitive-Behavioral Strategies Behavioral Strategies Strategies that Cut Across Domains Stage 2: Applying Strategies Mutual Acceptance of Defined Goals and Objectives Planning of Strategies Use of Strategies Evaluation of Strategies Termination Follow-up Case Studies Crisis Theory and Intervention What is a Crisis Kinds of Crisis What is a Disaster? Who Deals with Crises and Disasters? Crisis Theory Crisis and Disaster Intervention Issues Affecting Helping Personal Values Ethical Considerations Other Issues that Affect the Counseling Process Common Problems that You May Encounter as a Helper Recent Trends

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

A variety of instructional techniques will be employed to encompass different student learning styles. These may include, but are not limited to, lecture, discussion, and small-group activities. Instruction will be supplemented, where appropriate, by PowerPoint presentations, electronic resources and technologies, and guest speakers.

Reading Assignments

Students will spend 2-3 hours per week reading from the textbook and from instructor assigned articles.

Writing Assignments

Students will complete a term paper where they apply what they have learned throughout the course.

Out-of-class Assignments

Outside of the classroom, students will do the required reading, study for quizzes and exams, and conduct research, where applicable, to prepare papers, essays and/or assessment plans.

Demonstration of Critical Thinking

Participation in selected discussion topics

Required Writing, Problem Solving, Skills Demonstration

Self-reflection on professional ethics and obligations, and culturally sensitive helping theories

Eligible Disciplines

Counseling: Master's degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelor's degree in one of the above listed degrees

and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Master's degree required. Title 5, section 53410.1 Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required. Sociology: Master's degree in sociology OR bachelor's degree in sociology AND master's degree in anthropology, any ethnic studies, social work, or psychology OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Okun, Barbara and Kranowitz, Ricki. Effective Helping: Interviewing and Counseling, 8th ed. Thomson Brooks/Cole, 2014
Rationale: - Legacy Textbook Transfer Data: Legacy text

Other Resources

1. Coastline Library