

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

Course Prefix and Number: HMS 122

Credits: 3

Course Title: Basic Counseling Skills II

Course Description: Expands the development of counseling skills needed to function effectively in a helping relationship. Emphasizes skills in responding, personalizing, summarizing, and initiating. Clarifies personal skill strengths, deficits, and goals for skill improvement. Develops plans for achieving personal and program goals. Lecture 3 hours per week.

Course Objectives:

Upon completing the course, the student will be able to:

- a. Recognize the collaborative nature of the therapist-client relationship.
- b. Use a practical, three-stage model that drives client problem-managing and opportunity-developing action.
- c. Develop skills to become a more confident and competent helper.
- d. Use "positive psychology" and solution-focused counseling methods.
- e. An understanding of the human services worker as a professional and the various roles which the human service worker assumes in the community.
- f. Develop knowledge and understanding of some of the major populations served by human services professionals and some of the specific sub-fields within human services.

Effective Date of Course Content Summary: January 10, 2011