RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE

HMNS 213 ADVANCED COUNSELING SKILLS

I. BASIC COURSE INFORMATION

A. Course Number and Title: ADVANCED COUNSELING (HMNS 213)

B. New or Modified course: New

C. Date of proposal: Spring, 2013

D. Sponsoring Department: Humanities, Social Science & Education

E. Semester Credit Hours: 3

F. Weekly Contact Hours: Lecture: 3
   Laboratory: 0

G. Prerequisites/Corequisites: Interviewing and Counseling (HMNS 205)

H. Laboratory Fees: None

I. Name and Telephone Number or E-Mail Address of Department Chair:
   Karen L. Gutshall, kgutshal@raritanval.edu

II. COURSE DESCRIPTION:

Pre-requisite: Interviewing and Counseling (HMNS 205)

This course is designed to help students develop a theoretical framework of counseling, and how to utilize various techniques in the process of counseling and crisis intervention. Course material will help students compare and contrast counseling models. They will be introduced to major theories, which will include psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, and post modern approaches such as motivational interviewing. Students will have the opportunity to engage in practical exercises that will allow them to put theory into practice. They will consider the strategies for counseling in individual, group, family and cognitive behavioral counseling. This course wills emphasis critical thinking, and along with others in the human services sequence, will prepare those students seeking certification as alcohol and drug counselors (CADC).

III. STATEMENT OF COURSE NEED:

A. Consistent with the mission of the college and current economic realities preparation for direct entry into the workforce is increasingly necessary. Individuals entering the field of humans services may find themselves plunged from the classroom into roles in which they will be expected to carry out duties as professionals in their scope of practice. The field of
addiction and substance abuse treatment, in particular, is expected to grow far faster than most other areas of mental health and human services through 2018 and has been repeatedly identified by students as an area of special interest. (As many as 1/3 of currently enrolled students in the Human Service/Pre-Social Work program express a specific desire to enter into the substance abuse treatment field.) Service providers in the Somerset and Hunterdon County area, as well as the NJ Board of Examiners for Addiction Professionals report a growing need for programs approved to provide the coursework required for the certification as an alcohol and drug counselor (CADC). Hence, the development of a specific option in addiction studies within the degree program is compelling in response to both the local labor market and student population. This course would complete the 4-course sequence designed to meet the coursework requirement of the CADC and complete the “addictions option” in human services.

B. It is anticipated that this course will transfer as elective credit to most NJ Colleges based on the transfer equivalence of similar courses at other NJ community colleges offering CADC coursework and as posted on NJ Transfer.

IV. PLACE OF COURSE IN COLLEGE CURRICULUM

A. Free elective
B. This course meets the human service specialized elective option for the A.S. in Human Services/Pre-Social Work and the A.A.S. in Human Services.
C. To see course transferability: for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; for all other colleges and universities, go their individual websites.

V. OUTLINE OF COURSE CONTENT

A. Introduction and course overview

1. Counselor as a professional
2. Ethical issues in the counseling profession
3. Stages of counseling

B. Theories of counseling

1. Psychoanalytic
2. Adlerian
3. Existential
4. Person-centered
5. Gestalt
6. Reality
7. Behavior
8. Cognitive
9. Post Modern

C. Counseling skills (Theories in Context)

1. Attending
2. Paraphrasing
3. Reflecting
4. Summarizing
5. Probing
5. Self disclosure
6. Interpreting and proving feedback

D. Crisis Intervention

1. Definition and Overview
2. Counselor approach and responsibility
2. Crisis hotline

E. Counseling Formats & Models

1. Individual Counseling
2. Group Counseling
3. Family Counseling
4. Helpline Counseling
5. Peer Counseling
6. Therapeutic Self Help Material
7. Education
8. Motivational interviewing

F. Supervision

1. Models
2. Application
3. Regulations
4. Roles & Benefits

VI. EDUCATIONAL GOALS AND LEARNING OUTCOMES

A. Educational Goals

Students will:

1. Learn to communicate effectively within the context of the helping relationship with individuals and families (GE-NJ 1).
2. Learn to apply counseling theories to various client scenarios and environmental circumstances (GE-NJ 5).
3. Learn to assess individual and family systems and design appropriate intervention plans based on theories of practice and professional guidelines (GE-NJ 5 and 9).

B. Learning Outcomes

Students will be able to:

1. Create a therapeutic alliance with the client by incorporating the following three categories of skills:
   a. Listening
b. Processing  
c. Providing feedback  

2. Demonstrate through role-playing the following eight skills:  
a. Attending  
b. Paraphrasing  
c. Reflection of feeling  
d. Summarizing  
e. Probing  
f. Interpreting  
g. Providing information and feedback as per Motivational Interviewing)  
h. Appropriate use of self-disclosure.  

3. Defend the rationale for choosing and changing counseling approaches during the course of counseling.  

4. Define crisis intervention within the framework of alcohol/drug counseling.  

5. Describe and demonstrate advanced counseling techniques, including individual, family and group facilitation skills.  

VII. MODES OF TEACHING  

A. lecture/discussion  
B. small group discussion  
C. group exercises  
C. student collaboration  
D. film and video  

VIII. Papers, Examinations and other Assessment Instruments  

A. term papers  
B. reflection papers  
C. exams  
D. Presentations  

IX. Grade Determinants  

A. Class presentations/demonstrations (LO 1, 2, 5)  
B. Essays/Papers (LO 3, 4, 5)  
C. Exams (LO 3, 4, 5)  
D. Case Studies (LO 3, 5)  

X. Texts and Materials  


XI. Resources