

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

HMNS 213 Advanced Counseling Skills

I. BASIC COURSE INFORMATION

A. Course Number and Title: HMNS 213—ADVANCED COUNSELING SKILLS

B. New or Modified course: Modified

C. Date of proposal: Semester: Spring **Year:** 2020

D. Effective Term: Fall 2020

E. Sponsoring Department: Humanities, Social Science, Social Work, & Education

F. Semester Credit Hours: 3 credits

G. Weekly Contact Hours: Lecture: 3
Laboratory: 0
Out of class student work per week: 6

H. Prerequisites: Interviewing and Counseling (HMNS 205)

I. Laboratory Fees: None

J. Name and Telephone Number or E-Mail Address of Department Chair and Division Dean:

Brandyn Heppard, brandyn.heppard@raritanval.edu and Patrice Marks,
Patrice.marks@raritanval.edu

II. Catalog Description:

Pre-requisite: Interviewing and Counseling (HMNS 205)

This course is designed to help students develop **group and family counseling skills**. Students will be introduced to crisis intervention, group dynamics, family counseling, cognitive behavioral, and motivational interviewing techniques. Students will engage in practical exercises that will allow them to put theory into practice through simulated exercises and case scenarios. This course will emphasize critical thinking, ethical decision making, and along with others in the human services sequence, will prepare those students seeking certification as alcohol and drug counselors (CADC) **and aiming to work with groups in a variety of behavioral health settings**.

III. Statement of Course Need.

- A. This course introduces aspiring social workers to essential group counseling skills and was specifically designed to meet the requirements of the NJ Board of Examiners for Addiction Professionals for certification as an alcohol and drug counselor (CADC).
- B. This course does not require a laboratory component.
- C. Transferability:
 - 1. This course does not transfer as a general education course.
 - 2. This course fulfills a core requirement for the Certificate in Chemical Dependency.
 - 3. This course serves as a Human Service Program elective for students enrolled in the A.S. in Human Services-Pre-Social Work, and Human Services, Certificate.

IV. Place of Course in the Curriculum

- A. Free elective
- B. This course is NOT a general education course.
- C. This course meets a Human Services Program Elective for the Human Services/Pre-Social Work, AS degree and is a requirement in the Chemical Dependency, Certificate.
- D. 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. Cognitive Behavioral
 - 8. Motivational Interviewing

C. Crisis Intervention

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

D. Counseling Formats & Models

1. Individual Counseling
2. Group Counseling
3. Family Counseling
4. Therapeutic Self Help Material
5. Education

VI. General Education Goals and Learning Outcomes

A. Educational Goals

Students will be able to:

1. communicate effectively in both speech and writing (G.E. 1).
2. apply knowledge of human behavior to individual and group situations to resolve conflict and enhance functioning (G.E. 5).
3. Incorporate an understanding of differences in people's backgrounds in the process of group counseling and engagement (G.E. 8).
4. Identify ethical issues within the helping relationship (G.E. ERA).

B. Learning Outcomes

Students will be able to:

1. describe and demonstrate advanced counseling techniques, including individual, family and group facilitation skills.
2. create a therapeutic alliance with the client by incorporating listening, processing, and elaboration skills
3. identify potential conflicts and strategies to address ethical issues within the counseling relationship
4. identify and respond to cultural differences in the counseling relationship

C. Assessment Instruments

1. Written responses to case scenarios
2. Skills demonstration/role plays
3. Journals/reflection papers

VII. Grade Determinants

- A. Class presentations/demonstrations
- B. Essays/papers
- C. Case study assessments

X. Texts and Materials

Suggested Textbook: Corey, G. *Theory and practice of group counseling*, 8th ed.

XI. Resources

- A. College library

Revised 4/18/19