

INSTRUCTOR: JEFFREY ARBUS
Office E 465
Phone: 759-6774, Ext. 546

MEETING TIMES: Monday, 7-10 p.m.
Sept. 12 to Dec. 19, 1988 (45 hours)

ROOM: E 323

PRE-REQUISITE: CCW 127-3 - Introduction to Human Relations

NATURE OF COURSE:

This course is an introduction to **helping and counselling competencies**. It is designed to introduce the student to the techniques of the helping interview. Emphasis will be on various types of interviews, variables in an interview, and the implications of self-awareness to a helping interview. Extensive practice will occur to reinforce the "skill" orientation of the course. The application of counselling skills in various formal and informal settings will be stressed, in keeping with the role of the child and youth worker.

GOALS AND OBJECTIVES:

The primary goal of this course is to introduce the student to the basic counselling competencies and techniques of the helping interview. This course, and the follow up course (Counselling Skills II) are intended to cover many of the competencies listed in Section 4 ("Interviewing and Counselling Skills") of the Child Care Worker Programme Guidelines.

Objectives include:

1. Developing systematic skills in clarifying client communication and in responding accurately and sensitively, on a cognitive, affective and physical level.
2. Responding to client needs and goal planning with clients.
3. Developing self-awareness and understanding in the counsellor.
4. Developing an ability to analyse and evaluate interviews and counsellor performance (including self-analysis).
5. Further an understanding of ethical and legal implications in helping and counselling.
6. Developing an understanding of counselling theory as presented by Egan. (eclectic base - drawing from client-centred, behavioural and psychodynamic).
7. Increasing self-confidence and ability to think clearly in emotionally-charged situations.
8. Learn to recognize and identify client strengths and resources as well as areas of concern and lack of resources.

LEARNING RESOURCES:

Provided by the College: VTR resources
LRC resources
handouts
articles related to the subject matter of the course

Provided by the student: Each student must obtain a copy of the following:

Brammer, L.M. (1988) The Helping Relationship: Process and Skills (4th ed.), Toronto: Prentice-Hall.

Evans, D.R., Hearn, M.T., et. al. Essential Interviewing. Monterey, Calif.: Brooks-Cole, 1979.

Egan, G. The Skilled Helper (2nd Edition). Monterey, Calif.: Brooks-Cole, 1975.

Also required: Each student must have access to a portable audio tape recorder and a blank audio cassette (60 mins. minimum, good quality).

METHODOLOGY:

Students will have the opportunity of viewing effective and ineffective counselling. Theoretical approaches to counselling will be presented and discussed.

The major thrust of the course will be on practicing basic helping skills. Classes will look more like workshops or labs. Students will be expected to be prepared for each class (readings and exercises completed, skills practiced, etc.) for most of the class time will be spent practicing. Video and audio tape will be used extensively to allow the students to analyze their improving skills.

This class is not a therapy session for students. However, students must be prepared to share of themselves, within the context of practice-helping sessions. The emphasis is on learning helping/counselling skills and theory.

Role play may be used as well.

REQUIREMENTS FOR GRADING:

- a) Students will be responsible for submission of an audio cassette tape of an actual counselling session. The session may be done with anybody except a student in the CCW Programme. The purpose of the tape is for the students to demonstrate skills developed and discussed in the course. This will be due on the 7th of December. At this that time, tapes will be exchanged and critiqued by other class members, according to a set format. In the next class (Dec. 14), tapes and critiques will be submitted for grading. This will be explained further. Length of tape: 15 minutes minimum, 20 minutes maximum.

REMEMBER: PUT YOUR NAME ON THE CASSETTE BEFORE YOU SUBMIT IT. Depending on circumstances, late tapes may not be accepted. Tapes submitted on time will be eligible for full grading consideration.

Further details will be provided in class.

b) Tests will be on material in the texts and on material studied in class.

DATES: Oct. 31, 1988
Dec. 16, 1988

c) As noted above (under methodology), requirements include a high degree of class participation from the students. Due to the nature of video-taping, punctuality is an absolute must. Readings, etc. must be thoroughly completed on time, as assigned. This is **each student's responsibility**. Attendance is crucial (90% minimum for students who qualify for an "A" grade; 85% for those who qualify for a "B"; 80% for those who qualify for a "C" i.e. passing grade).

****** Students must be prepared in each class to demonstrate their acquired helping skills. The instructor is responsible for grading the student's progress, and cannot do so if skills are not seen. Students will receive a high degree of formal and informal feedback and supervision in the class.

(**HINT:** You will be more effective if you relax. If you are nervous about being observed, let's talk about it - it can be overcome.)

GRADING SYSTEM:

Test #1	15%
Test #2	20%
Final Tape	25%
Critique	5%
Involvement and Skill Development ([c] above)	35%
TOTAL	<u>100%</u>

A letter grade will be assigned for the final tape assignment. At the end of the course the instructor will calculate the final grade. Students will have the opportunity to self-evaluate, and this will be taken into account by the instructor.

Generally, the grades will translate as follows:

over 90% = A+
80 - 89% = A
70 - 79% = B
60 - 69% = C

below 60% = R (the student must then repeat the course)

The "X" grade will be assigned in the event of incomplete requirements, provided the reasons for this are substantial and justifiable in the instructor's opinion.