

HS 262 : EFFECTIVE HELPING SKILLS II

Transcript title

Effective Helping Skills II

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Recommended preparation

HS 162 or instructor approval.

Course Description

Provides central theoretical and empirical tenets of Motivational Interviewing (MI), as well as practice of skills to deliver the intervention to a wide range of clients in diverse settings. Students will learn and practice both the spirit and techniques of motivational interviewing.

Course learning outcomes

1. Define motivational interviewing and the basic structure of its use in treatment or therapy.
2. Describe techniques used as part of motivational interviewing to assess ambivalence and foster change in the client.
3. Demonstrate motivational interviewing skills.

Content outline

Spirit of Motivational Interviewing OARS-Open Ended Questions, Affirmations, Reflections, Summaries Evoking Motivation Deeper/Double Sided and Amplified Reflections

Required materials

Textbooks, access to a video camera and USB.