

Course Outline  
HUMS 111  
Interviewing and Communication Techniques

The Community College of Baltimore County

Description

Interviewing and Communication Techniques

Introduces the principles and skills necessary for the effective use of therapeutic communication; covers the various stages in the counseling process as well as the approaches of the major therapists in counseling psychology.

Prerequisites: MATH 081, RDNG 052, ENGL 052

Overall Course Objectives

- A. Understand the relationship variables that impact the helping relationship
- B. Understand the definition and appropriate use of the basic skills covered in the course
- C. Begin to understand personal areas of communication strengths and weaknesses
- D. Understand that development of a human service worker is an ongoing process
- E. Be capable of comparing and contrasting the major approaches to mental health counseling

Major Topics

- A. Attending
- B. Client observational skills
- C. Open questions/closed question
- D. Paraphrasing
- E. Summarization
- F. Confrontation
- G. Focusing
- H. Self-concept
- I. Empathy
- J. Perception-observation vs. inference
- K. Intimacy/distance

Course Requirements

- A. Mid-term and/or periodic examination
- B. Term paper and/or projects
- C. Comprehensive final examination
- D. Attendance and participation