

Common Course Outline
HUSC/CRJU 139
Interviewing and Counseling Techniques
3 Credits

Community College of Baltimore County

Description

HUSC/CRJU 139 – Interviewing and Counseling Techniques develops competencies in the basic skills involved in the counseling relationship across all settings. Students explore the relationship between interviewer and client with an emphasis on skill development and application.

3 Credits

Prerequisites: ESOL 052 and ESOL 053 or ACLT 052 or ACLT 053

Overall Course Objectives

Upon completion of this course students will be able to:

1. distinguish between interviewing, counseling, and psychotherapy;
2. interpret messages exchanged in verbal and nonverbal communication;
3. document client status and session outcomes objectively and within standards of the profession;
4. identify the traits of a helping relationship;
5. describe barriers that prevent the accurate exchange of information;
6. interview clients using primary counseling skills;
7. recognize advanced interviewing skills;
8. predict the outcome for particular interventions;
9. describe clients' rights to confidentiality and situations in which confidentiality cannot be assured including minors and vulnerable adults;
10. interview clients using culturally-relevant counseling skills and strategies;
11. analyze clients' readiness to change based on the Stages of Change;
12. apply the principles and strategies of Motivational Interviewing; and,
13. evaluate the effectiveness of a counselor intervention.

Major Topics

- I. Intentionality
- II. Verbal and nonverbal cultural communication
- III. Therapeutic counselor traits
- IV. Client observation skills
- V. Objective report writing
- VI. Barriers to a therapeutic relationship
- VII. Primary interviewing skills

- A. attending
- B. open and closed questions
- C. encouraging
- D. paraphrasing
- E. summarization
- F. reflection of feeling
- G. primary empathy
- H. client observation skills
- VIII. Advanced interviewing skills
 - A. confrontation
 - B. focusing
 - C. reflection of meaning
 - D. influencing skills
 - E. advanced empathy
 - F. forensic interviewing
- IX. Open and closed questions
- X. Confidentiality
- XI. Treatment plans
- XII. Stages of Change
- XIII. Motivational Interviewing

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

A minimum of two examinations

At least two written assignments demonstrating objective writing skills, minimum 1-page in length

At least one self-evaluative written assignment, minimum 3 pages in length

At least two demonstrations of interviewing skills

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course is a program requirement for the Human Services Counseling degree and certificate programs. This course fulfills the State of Maryland Board of Professional Counselors and Therapists required topic area for Individual Counseling.