

GRANDE PRAIRIE REGIONAL COLLEGE
REHABILITATION SERVICES PROGRAM

HELPING: THEORY & SKILLS RP203

WINTER 1991 - JANUARY 3, 1991 TO MARCH 28, 1991

Class Times: Tuesdays and Thursdays
8:30 - 10:30 a.m.

Instructor: Betty Barton

Office Hours: Mondays, Tuesdays, & Wednesdays
3:30 - 4:30

Phone: 538-3960 (office)
539-6337 (home)

Prerequisites: RP103 Interpersonal Competence

Description

This course will provide further application and integration of the skills learned in RP103 Interpersonal Competence. It will also introduce additional basic skills to be used in helping interviews. The emphasis will be on listening, focusing, and influencing at an appropriate developmental level to facilitate insight and growth of the individual being helped.

REQUIRED TEXTBOOKS

Adler, R. & Towne, N. Looking Out Looking In, 6th Edition. Holt. Rinehart and Winston, Inc., 1990. Chapter 10

Ivey, A.C. Intentional Interviewing and Counselling, 2nd Edition. Brooks/Cole Publishing Co., Pacific Grove, California, 1988.

Course Objectives

On completion of this course, the student will be able to:

1. Identify and describe conflict and three styles of conflict in interpersonal relationships.
2. Identify the components of the clear message format and use a clear message in an appropriate situation.
3. Identify and discuss the advantages and disadvantages of the styles of conflict resolution.
4. Define and discuss the role of a helper in a formal or informal interpersonal relationship.

5. Define and discuss the microskills model for intentional interviewing.
6. Identify and discuss the five stages of a structured interview.
7. Apply attending skills including prompting, questioning, paraphrasing, empathizing, and summarizing in a structured interview situation.
8. Recognize and adapt to an individual's development level in a simulated interview situation.
9. Identify and discuss the aspects of focusing in an interview situation.
10. Identify and discuss seven influencing skills and strategies and the appropriate application of each.
11. Conduct a structured helping interview incorporating attending, focusing, and influencing skills in a manner appropriate for the interviewee's developmental level.

Evaluation

Mini-assignment	- 10
Listening Interview	- 20
Final Interview	- 30
Mid-term Exam	- 15
Final	- 25

Grades

9	- 90	- 100%
8	- 80	- 89%
7	- 72	- 79%
6	- 65	- 71%
5	- 57	- 64%
4	- 50	- 56%
3	- 45	- 49%
2	- 26	- 44%
1	- 0	- 25%

** In order to obtain credit for this course students must achieve a minimum of 65% or a 6.