

GRANDE PRAIRIE REGIONAL COLLEGE
REHABILITATION SERVICES DIPLOMA PROGRAM
COURSE OUTLINE

RP2303 HELPING: THEORY & SKILLS

FALL 1996 - SEPTEMBER 6, 1996 TO DECEMBER 6, 1996

CLASS TIMES: September 6 - October 25
MWF 10:30 - 11:50 a.m.

October 28 - December 6
Monday 10:30 - 12:20

ROOM: B207

INSTRUCTOR: Betty Barton

OFFICE HOURS: Wednesdays 8:30 - 9:30 am
Thursdays 1:30 - 3:30 pm
or by appointment

PHONE: 539-2892 (office)
539-6337 (home)

PREREQUISITES: RP1203 and RP 1206 or related experience

DESCRIPTION:

This course examines the role of a rehabilitation practitioner in helping relationships. Interviewing, active listening and influencing skills are discussed and practised. The emphasis is on the facilitation of growth and change of the individual being helped.

REQUIRED TEXTBOOKS:

Adler, R. & Towne, N. Looking Out Looking In, 8th Edition, Harcourt Brace College Publishers, Fort Worth, Texas, 1996. Chapter 7.

Ivey, A.C. Intentional Interviewing and Counselling, Facilitating Client Development in a Multicultural Society, 3rd Edition, Brooks/Cole Publishing Co. , Pacific Grove, California, 1994.

Students will require a blank video tape for recording assignments.

CLASS FORMAT:

The content of this course includes a great deal of application and practice. The classes will consist of lecture, discussion, role play and/or video taping.

COURSE OBJECTIVES:

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

1. Define and discuss the role of a helper in a formal or informal interpersonal relationship.
2. Describe and distinguish between listening and non-listening behaviours.
3. Define and discuss the microskills model for intentional interviewing.
4. Identify and practise active listening skills including prompting, questioning, paraphrasing, empathizing and summarizing.
5. Identify and apply the five stages of a structured interview.
6. Describe and practise a positive asset search.
7. Apply attending and listening skills in a structured interview situation.
8. Identify and discuss the use of confrontation in a helping interview.
9. Identify and discuss the aspects of focusing in a helping situation.
10. Identify and discuss seven influencing skills and strategies and the appropriate application of each.
11. Conduct a structured helping interview incorporating listening, focusing, and influencing skills in a manner that will facilitate growth/change in the individual.

EVALUATION:

	Percentage	
Listening Interview	20	October 21 (written evaluation)
Final Interview	35	December 2 (written evaluation)
Mid-term Exam	15	October 11, 1996
Final Exam	25	Week of Dec. 9 - 14, 1996
Participation	<u>5</u>	
	100	