

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF COMMUNITY REHABILITATION  
"MAKING A DIFFERENCE"

SEP. 07 2001

COURSE OUTLINE  
HELPING THEORY AND SKILLS: A Multicultural Perspective

FALL, 2001                      September 5 to December 7

CREDITS:                      3(45 hrs)

LOCATION:                      E304

TIMES:                      Monday and Wednesday  
8:30 - 9:50 a.m.

INSTRUCTOR:                Betty Barton, B.A., Ed.Dip.

Office:                      Room H229

Phone:                      539-2892                      E-mail: [barton@gprc.ab.ca](mailto:barton@gprc.ab.ca)

Office Hours:              Monday, Wednesday, 2:00-4:30 p.m.  
Or by appointment or drop in

RP 2303

PREREQUISITES:    RP1203, RP1206 (or permission of instructor)

COURSE DESCRIPTION:

This course explores the role of the human services worker in helping relationships. Emphasis is on facilitating growth and change in the individual being helped. To that end, interviewing, active listening and influencing skills are developed.

CLASS FORMAT:

The development of these skills requires application and practice. Classes will be highly participatory. Though there will be some lecture, emphasis will be on group exercises and role-play practice of the required skills.

**REQUIRED TEXTS:**

Ivey, A.C. and Ivey, M.B. (1999) Intentional Interviewing & Counseling: Facilitating Client Development in a Multicultural Society, 4<sup>th</sup> ed. Toronto, Ont., Brooks/Cole Publishing.

Students will require a blank videotape for recording assignments.

**COURSE OBJECTIVES:**

1. Define and discuss the role of a helper in formal and interpersonal relationships.
2. Describe and apply listening behaviors.
3. Demonstrate observation skills relevant to interviewing.
4. Identify and apply active listening skills including questioning, encouraging, paraphrasing, reflecting feelings, empathizing, and summarizing.
5. Evaluate your use of selective attention and its effects on the interview.
6. Identify and apply the stages of a structured interview.
7. Describe and apply a positive asset search.
8. Identify, discuss and practice the use of confrontation in a helping interview.
9. Identify, discuss and practice the exploration of the client's story.
10. Identify, discuss and practice influencing skills and strategies and their appropriate applications.
11. Conduct a structured helping interview incorporating listening, focusing, and influencing skills in a manner that will facilitate growth/change in the individual.

### STUDENT EVALUATION:

1.	Journal of Exercises and Self Assessments	40%
2.	Interviews	
	A. Listening Interview	20%
	B. Final Interview	30%
3.	Participation	10%
	TOTAL	100%

### STUDENT SUPPORT

The Writing Centre is available to assist students with written assignments. It is located in room C311.

Three N.Q.A. coupons will be distributed early in the semester. These coupons may be used for a **one-class extension** on assignments. **Students are advised to use these coupons wisely. Other extensions will not be considered.** Unused coupons may be redeemed at the end of the semester for a 1% bonus on your final grade.

### 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 57% or a 5.