

GRANDE PRAIRIE REGIONAL COLLEGE  
REHABILITATION SERVICES PROGRAM

OCT 22 1998

**RP2303 HELPING: THEORY AND SKILLS**

**FALL 1998 - September 1, 1998 to December 4, 1998**

**Location:** B206

**Times:** Monday: 10:00 - 10:50 a.m.  
Wednesday: 10:00 - 10:50 a.m.  
Friday: 10:00 - 10:50 a.m.

**Instructor:** Marsha C. Zalik

**Office:** Room H230

**Phone:** 539-2894

**COURSE DESCRIPTION:**

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

**PREREQUISITE:**

RP1107, RP1203, RP1206 (or permission of instructor)

**CLASS FORMAT:**

The development of these skills requires application and practise. 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.

**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, summarizing and empathizing.
5. Identify and apply the stages of a structured interview.
6. Describe and apply a positive asset search.
7. Identify, discuss and practice the use of confrontation in a helping interview.
8. Identify, discuss and practice the exploration of the client's story.
9. Identify, discuss and practice the reflection of meaning.
10. Identify, discuss and practice seven influencing skills and strategies and their appropriate applications.
11. Assess the developmental orientation of an individual in a helping situation and apply an appropriate helping style.
12. Conduct a structured helping interview incorporating listening, focussing, and influencing skills in a manner that will facilitate growth / change in the individual.

**REQUIRED TEXT:**

Adler, R. and Towne, N. (1996) Looking Out, Looking In, 8<sup>th</sup> ed. Orlando, Florida. Harcourt Brace Jovanovich College Publishers. Chapter 7

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 audio tape for practice and a blank video tape for recording assignments.

**STUDENT EVALUATION:**

1.	Journal of Exercises and Self Assessments	40%
2.	<u>Interviews</u>	
	1. Listening Interview	20%
	2. Final Interview	30%
3.	Participation	10%
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	TOTAL	100%