

# Inver Hills Community College

## HSER 1106: Basic Counseling Skills

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: HSER 1100

MnTC Goals: None

Introduces basic counseling and interviewing skills. Students will learn and apply skills that range from basic attending and listening skills to chart documentation and treatment planning. Prerequisite: Recommended concurrent enrollment with HSER 1100.

**B. COURSE EFFECTIVE DATES:** 08/24/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Attending: 10%
2. Confrontation: 10%
3. Documentation: 10%
4. Encouraging, paraphrasing and summarizing: 10%
5. Influencing Skills: 10%
6. Intentionality: 10%
7. Observation skills: 10%
8. Reflection of feelings: 10%
9. Structuring and interview: 10%
10. Use of Questions: 10%

### D. LEARNING OUTCOMES (General)

1. Recognize and describe the concept of intentional interviewing and counseling
2. Apply helping skills by conducting counseling interviews
3. Evaluate others' ability to demonstrate basic listening skills
4. Demonstrate skills necessary for writing progress notes, treatment plans, and other forms of documentation
5. Demonstrate basic listening skills including but not limited to: attending, encouraging, paraphrasing, summarizing, reflection of feeling, confrontation, and the use of questions

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted