

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

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

1. Demonstrate ability to initiate and close helping Relationships;
2. Demonstrate a beginning competence in the Carkhuff model of helping:
 - a. understand the uses of immediacy, facilitative self-disclosure, and confrontation
 - b. understand the steps of the problem solving process
 - c. understand the concept of personalizing
 - d. understand how to use deficit statements
 - e. recognize false deficit statements
 - f. recognize when someone is making a goal statement
 - g. recognize when someone is ready to action plan
 - h. understand the uses of behaviour theory in problem solving
3. Demonstrate beginning competence in the Reality Therapy model of helping:
 - a. state the eight steps of Reality Therapy
 - b. explain how Reality Therapy is an open process
 - c. explain how to get commitment for action from clients
 - d. explain how to evaluate action taken

METHODS:

- Lectures
- Group Discussions
- Readings
- Systematic Skills Training
- Video Tapes and Feedback
- Consultation Sessions

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check:) Yes No

METHODS OF OBTAINING PLAR:

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Gerard Egan, The Skilled Helper. California, Brooks Cole, 1990
Glasser, Wm. (1975). REALITY THERAPY: A NEW APPROACH TO PSYCHIATRY. New York: Harper & Row.
Instructor Prepared Manual (available at Bookstore).

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

In order to get a grade in this course (because of its experiential nature) students must attend and participate in at least 11 classes and complete all requirements. While the grade for the course will be calculated as below, it should be noted that assignments, etc., are not optional and credit may be denied to those who do not attend the required number of classes and/or do not complete the assignments, videos, and exams and/or whose participation is not satisfactory.

Midterm.....	30%
Written Assignments.....	*50%
Final Exam.....	30%

* This will include the videos and any written work (such as process recordings) assigned by the instructor. The videos must be done to a satisfactory level and they are not optional. Credit will be withheld from students who do not reach an acceptable level of performance. In the event the tape is not satisfactory, redos will be allowed at the instructors discretion.

Video I - Carkhuff

Video II - Reality Therapy

A+	=	> 95	C+	=	72 - 75
A	=	92 - 95	C	=	68 - 71
A-	=	88 - 91	C-	=	64 - 67
B+	=	84 - 87	P	=	60 - 67
B	=	80 - 83	NC	=	< 60
B-	=	76 - 79			

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

Week	1	Introduction
	2	Review of 120 (Getting Set)
	3	Reflecting Content Feeling and Meaning
	4	Structuring for Information: Immediacy, Self Disclosure, Confrontation
	5	Structuring for Information: Personalizing and Deficits
	6	Structuring for Information: Problem Solving, Goals and Plans
	7	Midterm
	8	Review and Practice
	9	Reality Therapy - Introduction of 2 styles
	10	Reality Therapy - Theory and Practice
	11	Reality Therapy
	12	Reality Therapy
	13	Reality Therapy
	14	Wrap up and Catch up