DIET 191 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: DIET 191 Title: COUN SKILLS HEALTHCARE
Full Title: Counseling and Group Facilitation Skills in Healthcare
Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00 Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
This is a survey and practical application course of interview and counseling techniques appropriate for professionals in Nutrition, Fitness, and Health Sciences, with an emphasis on health promotion. Theoretical focuses include Client Centered approach, Motivational Interviewing, Transtheoretical Model of Behavior change, Acceptance Based Counseling and other theories of motivation.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: This is a survey and practical application course of interview and counseling techniques appropriate for professionals in Nutrition, Physical Activity, and Health Sciences, with an emphasis on Health Promotion. Theoretical focuses include Client Centered approach, Motivational Interviewing, Transtheoretical Model of Behavior change, Acceptance Based

Counseling, and other theories of motivation. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	Effective:	Inactive:

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Utilize appropriate counseling skills and techniques to conduct a client interview and/or to facilitate discussion in an interactive group setting.
2. Perform a counseling assessment and develop a client treatment plan.
3. Identify different theories of counseling and appropriate applications for each.

Objectives:
Upon completion of the course, students will be able to:
1. Demonstrate knowledge of and apply theoretical perspectives in human development, human behavior, helping theory and an awareness of the values and behaviors of diverse cultures.
2. Apply effective communication skills and techniques in the counseling session.
3. Define the elements that constitute an effective counseling/group session including assessment, problem solving and appropriate referrals.
4. Combine information gathered during assessment into clear and concise written chart notes, both formal and informal.
5. Integrate information gathered during assessment to support clients with solutions for problem solving for health promotion and behavior change.
6. Evaluate cues that require referrals to more highly skilled professionals.

Topics and Scope:

I. Theoretical perspectives
  A. Foundations of Counseling
    1. Carl Rogers
    2. Abraham Maslow

3. Brief and/or Motivational Interviewing
4. Transtheoretical Model of Behavior change
5. Acceptance based counseling

B. Helping Theory
1. Foundations of helping and relationship building
2. Issues of diversity in helping relationships
3. Ethical considerations in helping relationships

II. Counseling techniques
A. Basic communication skills
1. Active listening
2. Reflecting
3. Paraphrasing
4. Other skills including appropriate techniques and theory application relating to diverse groups and goals of group for promoting health behavior change.

B. Strategies of helping
1. Non-judgment strategies and cues
2. Challenges, triggers, setting limits

III. Motivational Skill Development - individual and group
A. Assessment skills
1. Appropriate questions, body language and queues
2. Problem solving
3. Socratic questioning, leveraging the audience, creating insight

B. Goal setting - Setting specific, realistic goals
C. Evaluation - Measuring progress and next steps
D. Writing case notes - Style and necessary elements
E. Referrals - Appropriateness and process

IV. Application of helping strategies

Assignment:

1. Approximately 30 - 50 pages per week of reading
2. Weekly written homework assignments of two to five pages; including action plan
3. 2-4 audio/video recorded interviews demonstrating specific communication and helping skills transcribed and summarized.
4. Two written summaries of active listening logs.
5. Case notes summary of multi-session counseling experience.
6. In class demonstrations of counseling techniques.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework and summaries	Writing 10 - 25%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Recorded interviews transcribed and summarized, active listening logs, case notes summary	Problem solving 30 - 45%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

In class demonstrations of counseling techniques. Final performance assessment.	Skill Demonstrations 45 - 60%

Exams: All forms of formal testing, other than skill performance exams.

None	Exams 0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

None	Other Category 0 - 0%

Representative Textbooks and Materials:
Living SMART, Pruitt, Sheri, DiaMedica, 2007 (classic)
Groups: Process and Practice, 9th Edition Corey, 2014
Basic and Advanced Counseling Skills: Skilled Counselor Training Model, 1st Edition Smaby/Maddux, 2011