

MEN 101

Mental Health Skills Training I

COURSE OUTLINE

Prerequisites: None

Course Description:

Develops skills necessary to function as a mental health worker, with emphasis on guided practice in counseling skills as well as improved self-awareness. Includes training in problem-solving, goal-setting, and implementation of appropriate strategies and evaluation techniques relating to interaction involving a variety of client needs. Part I of II. (VCCS MCR Description)

Semester Credits: 3 Lecture Hours: 3

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Course Outcomes:

At the completion of this course, the student should be able to:

- Demonstrate the importance of self-awareness in the provision of mental health services.
- Identify and understand issues related to ethics, boundaries, and human rights
- Demonstrate the ability to build an effective therapeutic relationship.
- Identify transference and counter-transference issues through increased self and situational awareness.
- Understand the significance of both the client and the clinician's nonverbal behavior.
- Demonstrate the ability to use listening and influencing responses.
- Demonstrate the ability to use active listening, reflection, paraphrase, summarization, and clarification skills.
- Demonstrate advanced empathy, immediacy, appropriate self-disclosure, and confrontation.

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MEN 101: Mental Health Skills Training I

Required Materials:

1. Textbook
2. Internet access
3. Blackboard

Textbook:

Cormier, S., Nurius, P., Osborne, C. (2009). Interviewing and Change Strategies for Helpers: Fundamental Skills and Cognitive-Behavioral interventions (7th ed.). Belmont, CA: Brooks/Cole. ISBN: 9780495410539.

The following supplementary materials are available: None

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Topical Description:

- Chapter 1 – Introduction
- Chapter 2 – Building Your Foundation as a Helper
- Chapter 3 – Understanding Nonverbal Behavior
- Chapter 4 – Ingredients of an Effective Helping Relationship
- Chapter 5 – Listening Responses
- Chapter 6 – Influencing Responses

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