

Revised: Spring 2016

MEN 102

Mental Health Skills Training II

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Dean's Review:

Dean's Signature: _____ **Date Reviewed:** ___/___/___

VIRGINIA WESTERN COMMUNITY COLLEGE
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MEN 102

Mental Health Skills Training II

COURSE OUTLINE

Prerequisites: MEN 100, MEN 101

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 II 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 an understanding of the components of the assessment interview.
- Conduct assessment activities.
- Assist clients in goal identification.
- Understand the importance of self awareness in the provision of mental health services.
- Identify and understand issues related to clinical intervention and guidance.
- Identify current issues related to spirituality in practice.
- Demonstrate the use of problem solving, progressive relaxation, modeling, role play, meditation and relaxation, and cognitive restructuring techniques.
- Demonstrate a beginning understanding of multi-axial diagnosis.
- Demonstrate an understanding of the components of therapeutic intervention.
- Use techniques to assist clients in goal attainment.

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MEN 102: Mental Health Skills Training II

Required Materials:

1. Textbook
2. Internet access
3. Blackboard

Textbook:

Cromier, S., Nurius, P., Osborne, C. (2009). *Interviewing and Change Strategies for Helpers: Fundamental Skills and Cognitive-Behavioral interventions* (6th ed.). Belmont, CA: Brooks/Cole. ISBN: 9780495410539.

The following supplementary materials are available: None

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Topical Description:

- Chapter 7 – Conceptualizing and assessing client problems, concerns and contexts
- Chapter 8 – Conducting and interview assessment with clients
- Chapter 9 – Identifying, defining and evaluating outcome goals
- Chapter 12 – Reframing, cognitive modeling, and problem-solving strategies
- Chapter 13 – Cognitive change and cognitive restructuring strategies
- Chapter 14 – Stress Management Strategies
- Chapter 15 – Meditation and Relaxation Strategies
- Chapter 17 – Self-management strategies, self-monitoring, stimulus control, self-regard, and self-efficacy
- Chapter 18 – Strategies for working with resistance: solution-focused therapy and motivational interviewing

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