

# Virginia Western Community College

## MEN 101

### Mental Health Skills Training I

#### **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**

#### **Required Materials**

1. Textbook
2. Internet access
3. Canvas

#### **Textbook:**

Murphy, Bianca., Dillon, Carolyn. *Interviewing In Action In A Multicultural World*. 5<sup>th</sup> ed., ISBN: 9781285751085.

#### **Other Required Materials:**

None

## **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.

## **Topical Description**

Section1	Introduction
Section 2	Building Your Foundation as a Helper
Section 3	Understanding Nonverbal Behavior
Section 4	Ingredients of an Effective Helping Relationship
Section 5	Listening Responses
Section 6	Influencing Responses

## **Notes to Instructors**

None