

# Virginia Western Community College

## MEN 102

### Mental Health Skills Training II

#### **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**

#### **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 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.

## **Topical Description**

1	Conceptualizing and assessing client problems, concerns and contexts
2	Conducting and interview assessment with clients
3	Identifying, defining and evaluating outcome goals
4	Reframing, cognitive modeling, and problem-solving strategies
5	Cognitive change and cognitive restructuring strategies
6	Stress Management Strategies
7	Meditation and Relaxation Strategies
8	Self-management strategies, self-monitoring, stimulus control, self-regard, and self-efficacy
9	Strategies for working with resistance: solution-focused therapy and motivational interviewing

## **Notes to Instructors**

None

[ADA Statement \(PDF\)](#)

[Title IX Statement \(PDF\)](#)