

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*. 5th 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

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| 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

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

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