Course Goal:
Students will demonstrate, in performance and in writing, the competencies (skills, strategies, and self-awareness) necessary to conduct effective basic helping interviews.

Course Objectives:
1. Students will demonstrate competent performance in the following areas:
   A. Helping skills, including use of questions, following statements, basic and advanced empathy, confrontation, immediacy, and specificity.
   B. Generic helping strategies, including establishing rapport, identifying central concerns and maintaining focus, exploration of affect, exploration of coping attempts and client competencies, exploration of alternatives, and establishing specific goals and plans.

2. Students will develop an awareness of their specific strengths and gaps as helpers as indicated in class roleplays and discussions, and their critiques of their performance.

Course Materials

Handouts and readings provided by instructor.

Evaluations will be based on:
1. Attendance and participation in classes.
2. Demonstration of effort in in-class roleplays.
3. Quality of written critiques of roleplays.
4. Demonstration of progress in outside class roleplays
5. Written exercises
Observation & Interview
Roleplay Critique Guidelines

Please write about two pages addressing the following points:

**Establishing rapport**
What do you think you did that enhanced or interfered with your rapport with the client? To what extent was rapport established?

**Defining the problem**
What did you do to identify the client’s concerns? What is your definition of the client’s problem as initially presented, and, if different, subsequently determined by you and the client?

**Responding to feelings**
How well do you think you identified, acknowledged, and empathized with the client’s feelings?

What was the overall goal or intent of your efforts during this brief contact?

What would you have done if the roleplay had continued? (e.g. what would you have explored, what direction would you have taken, what would you have done more or less of?)

In addition to your critique, you will turn in a verbatim transcript and audiotape of your interview. Please number each or your interventions on the transcript consecutively. We will provide feedback to you and will be able to refer to specific interventions by number.
Reading List


**Book Report Guidelines:**
The first part of your paper should be a review of the book, including your reaction or critique. You may follow the basic format in *Contemporary Psychology* . (2-3 pages).

The second part should address what specific lessons or applications to conducting therapy that you take from this book. What was its impact on you and what did it mean for you personally and for your work with clients? (3-4 pages)

Your report must be written in APA style (references, citations, & formatting).
# Observation & Interview Section 1
## Syllabus

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<td>Handout: Establishing Relationship Assignment: crisis response strategies</td>
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<td>3 (9/19)</td>
<td>Maureen Underwood on Working with adolescents</td>
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11 (11/14) Video: Rogers (*Three Approaches to Psychotherapy*) Handouts: Carkhuff, Family therapy

12 (11/21) Thanksgiving Handouts: Overview of Rogers, Rogers’ Process Equation

**Part 2: Facilitating change**


Handout: Confrontation


13 (12/5) Setting goals, exploring alternatives Handouts: Goals


**Second helpful/unhelpful assignment due**

14 (12/12) Roleplays (4) **Book review due**

15 (12/19) Applying the helping model: a suicidal client Class Summary

Handout: (suicide)


Class evaluation form **Second outside class roleplay due**