

SUBJECT OUTLINE



Subject Name:

Interpersonal Skills of the Helper

Subject Code:

SOCI221

SECTION 1 – GENERAL INFORMATION

Award/s:	Total course credit points:	Level:
Bachelor of Health Science (Naturopathy)	128	3 rd Year
Bachelor of Health Science (Acupuncture)	128	2 nd Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	3 rd Year
Bachelor of Health Science (Nutritional Medicine)	96	3 rd Year

Duration: 1 Semester

Subject Coordinator: Julie O'Brien (Gold Coast campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to face	2 hour lecture	1 hour practical
Intensive	Details: Summer School - contact hours are delivered over one week Monday to Friday, 8 hrs per day. Assessments for the Summer School intensive delivery are either completed in class during the intensive or due to be uploaded by Sunday on the week assigned throughout the Summer School period. Interview completed on the Friday of the one week intensive and reflection from this due in Week 3 of the Summer School period. Case Study and Critique due in Week 4, and Critical Analysis due in Week 5 of the Summer School period.	
Full Time		
Part Time		

Pre-requisites: SOCF111

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject further develops the interpersonal skills required to establish and maintain an effective helping relationship with a client. The focus is upon enhancing and further developing effective communication skills and integrating them into effective practice. A further focus will be on the relevance and application of solution focused therapy, motivational interviewing, cognitive behavioural therapy, positive psychology, and acceptance commitment therapy in Complementary Medicine. This subject also addresses issues pertaining to crisis intervention as well as equipping students with resources to manage and support clients who present with diverse and complex needs. Self-care for the practitioner is an intrinsic component of this subject. Students will also gain a rudimentary understanding of the mechanics, maintenance and ethics of behaviour change in the field of Complementary Medicine.

Learning Outcomes

1. Understand and demonstrate the integrated use of interpersonal skills as part of effective therapeutic communication.
2. Demonstrate an understanding of motivational interviewing and its application in Complementary Medicine.
3. Understand the basic helping skills required using a range of solution focused therapy, cognitive behavioural

therapy, acceptance and commitment therapy, and positive psychology interventions relevant to different helping scenarios

4. Demonstrate an understanding of crisis intervention when working with clients with complex needs.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Case Study and Critique (1750 words)	2, 3, 4	1, 2,3-6	7	40%
Role Play Interview (10 minutes)	1,2,5	1,2,6-8	12	30%
Critical Analysis (1250 words)	1,3,5	9,10,11,12	Sunday following Week 13	30%

Active participation in this subject is critical to ensure achievement of required outcomes. To achieve this, students will need to attend at least **80% of classes**, and provide input into class discussions.

1. Tamparo, C. D., & Lindh, W. Q. (2016). *Therapeutic communication for health care professionals* (4th ed.). Mason, OH: Cengage Learning.

Recommended readings:

1. Geldard, D., & Geldard, K. (2016). *Basic personal counselling: A training manual for counsellors* (8th ed.). Frenchs Forest, NSW: Pearson Australia.
2. Harris, R. (2009). *ACT made simple*. Oakland, CA: New Harbinger Publications.
3. James, R. K., & Gilliland, B. E. (2016). *Crisis intervention strategies* (8th ed.). Salt Lake City, UT: Brooks/ Cole Publishing.
4. Ledley, D. R., Marx B. P., & Heimberg, R. G. (2010). *Making Cognitive Behavioural Therapy work* (2nd ed.). New York, NY: The Guilford Press.
5. Rollnick, S. P., Miller, W. R., & Butler, C. C. (2012). *Motivational interviewing in health care: Helping patients change behavior (Applications of motivational interviewing)* (3rd ed.). New York, NY: The Guilford Press. [ebook available]
6. Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. New York, NY: Free Press.

Subject Content

Week	Lecture Topics	Practical / Tutorial
1.	Introducing: Communication Skills and the Therapeutic Relationship <ul style="list-style-type: none"> • Creating an effective therapeutic relationship • Issues with the therapeutic relationship • Overcoming barriers to communication • Integration into practice 	<ul style="list-style-type: none"> • Overview of the subject and introduction to recommended readings • Explanation and discussion of assessment tasks/activities and subject expectations • Discuss the importance of the therapeutic alliance, and therapeutic relationship within the practice of Complementary Medicine.
2.	Communication Skills <ul style="list-style-type: none"> • Verbal communication 	<ul style="list-style-type: none"> • Discuss and explore in skills based activities and the microskills necessary for conducting effective communication

	<ul style="list-style-type: none"> • Non-verbal communication • Assertiveness • Passive communication • Passive-aggressive communication • Aggressive communication • Advanced communication skills (challenging, probing, reframing) 	
3.	Multicultural Therapeutic Communication <ul style="list-style-type: none"> • Types of difference • Impact of differences on the therapeutic relationship • Managing differences within the therapeutic relationship • Skills for effective cross cultural interviewing 	<ul style="list-style-type: none"> • Discuss and explore in skills based activities and the microskills necessary for conducting effective communication
4.	Strategic Therapies: Motivational Interviewing <ul style="list-style-type: none"> • Historical background • Principles • Skills, strategies and therapeutic techniques • Limitations and considerations 	<ul style="list-style-type: none"> • Discuss and explore issues pertaining to motivational interviewing including: collaboration, evocation and autonomy • The importance of using motivational interviewing to address ambivalence with a client • Apply strategies to strengthen client's own motivation and explore application in Complementary medicine
5.	Strategic Therapies: Brief Solution Focused Therapy <ul style="list-style-type: none"> • Historical background • Principles • Skills, strategies and therapeutic techniques • Limitations and considerations 	<ul style="list-style-type: none"> • Discuss and explore the nature of solution focused therapy and its difference from a problem solving model • Discuss and apply strategies including: previous solutions, validation and measurable goal setting • Exploration of therapy format and session structure
6.	Strategic Therapies: Acceptance and Commitment Therapy <ul style="list-style-type: none"> • Historical background • Principles • Skills, strategies and therapeutic techniques • Limitations and considerations 	<ul style="list-style-type: none"> • Discuss and explore the nature of case conceptualisation
7.	Strategic Therapies: Cognitive Behavioural Therapy <ul style="list-style-type: none"> • Historical background • Principles • Skills, strategies and therapeutic techniques • Limitations and considerations 	<ul style="list-style-type: none"> • Discuss and explore the nature of case conceptualisation
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p>Semester 2 - The break week falls between Weeks 7 and 8.</p>		
8.	Strategic Therapies: Positive Psychology <ul style="list-style-type: none"> • Historical background • Principles • Skills, strategies and therapeutic techniques 	<ul style="list-style-type: none"> • Discuss and explore the nature of case conceptualisation

	<ul style="list-style-type: none"> • Limitations and considerations 	
9.	Crisis and Trauma Issues (1) <ul style="list-style-type: none"> • Definition of a crisis • Domestic violence • Child abuse and mandatory reporting 	<ul style="list-style-type: none"> • Discuss issues pertaining to crisis intervention in professional practice, specific to domestic violence and child abuse (including mandatory reporting)
10.	Crisis and Trauma Issues (2) <ul style="list-style-type: none"> • Self-harm and suicide • Grief and loss 	<ul style="list-style-type: none"> • Discuss and explore issues of suicide, self-harm, and grief and loss, including scope of practice and referral sources
11.	Crisis and Trauma Issues (3) <ul style="list-style-type: none"> • Alcohol and other drugs • Eating disorders • Referrals 	<ul style="list-style-type: none"> • Discuss and explore the implications of alcohol and other drug issues, with respect to brief intervention and its application to professional practice
12.	Practitioner Demonstration Observation and demonstration of practitioner skills to facilitate client behaviour change	<ul style="list-style-type: none"> • Assessment - Role Play: In-class, skills-based assessment, observation and demonstration of skills in a crisis intervention scenario.
13.	Practitioner Self-Care <ul style="list-style-type: none"> • Burnout • Self-care strategies • Mindfulness for practitioners 	
14.	Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.	
16-17.	Final Exam Weeks 1 & 2 This subject does not have a final exam.	