

SIMON FRASER UNIVERSITY
SPRING SEMESTER 2008
EDUC 423-4
HELPING RELATIONSHIPS
(E01.00)

Debbie Clelland

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MONDAY 4:30 – 8:20 p.m.
Surrey Room 3150

PREREQUISITE

EDUC 323

COURSE DESCRIPTION:

This course will focus on the development of basic interviewing skills and methods to foster human relationships. There will be an emphasis in the personal use of a variety of active listening skills. This will be accomplished through an experience/reflection format with opportunities to practice particular skills and by video recording a number of your active listening skills. These skills are not meant to reflect any one theory of counselling but are seen as fundamental to the development of helping relationships in any domain. Due to the experiential nature of this course, attendance at all sessions is an integral component of the course.

COURSE OBJECTIVES:

On completion, it is hoped that this course will:

- a. Increase your awareness of your own natural resources for helping others.
- b. Enable you to understand and demonstrate the appropriate use of a broad repertoire of specific helping skills.
- c. Enable you to more fully understand the interrelationship between your personality, your personal experiences, and the processes and skills involved in becoming an effective helper.
- d. Enable you to investigate more deeply the reasons why people behave as they do and how to effectively intervene to help people change.

READINGS:

Required: Learning the Art of Helping: Building Blocks and Techniques, M. Young, (3rd ed.) Publisher: Pearson ISBN: 013111753X

Recommended: Exercises in the Art of helping, M. Young & S. Chromy (3rd ed.) Publisher: Pearson ISBN: 013119657X