



INTERPROFESSIONAL MENTAL HEALTH & ADDICTIONS
(IMHA) POST-DEGREE DIPLOMA
IMHA 511 Therapeutic Relationships

INSTRUCTOR: Cate Pelling, MA (R.C.C.)
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OFFICE HOURS: By appointment

Required Materials

Egan, G. (2006). *Essentials of Skilled Helping: Managing Problems, Developing Opportunities*, Thomson Wadsworth

Course Description

This course involves the study and application of advanced communication and counseling skills and how to effectively use these skills to establish and maintain effective therapeutic relationships with clients who present with mental health issues.

Students will learn the critical elements and skills required to develop rapport and build an effective client/counselor relationship. Students will learn how to apply these skills across a variety of settings and modalities.

In keeping with the principles of adult learning, this course uses a problem-based learning approach which allows students the opportunity to examine their own practice backgrounds, assess their existing skill set, and identify gaps in knowledge and/or practice expertise.

The course uses case study analysis, interactive online discussions, and practice-oriented assignments to facilitate the learning of the course concepts.

Learning Outcomes

Upon successful completion of IMHA 511 learners will:

1. Demonstrate a theoretical understanding of the counseling process
2. Demonstrate the use of basic and advanced counseling skills
3. Be aware of various helping models that may be used in working with clients struggling with mental health, addiction or co-occurring disorders
4. Understand the impact of the therapeutic relationship in client change
5. Understand the counselor's role and responsibilities within the therapeutic relationship

Teaching Methodology

Online, with one face-to-face day at Camosun College at the end of Unit 6.

Methods of Evaluation

Students will be evaluated on written assignments, audio and video presentations, and group participation.

See the course website for further details on learning activities for each Unit.

Course Content and Schedule

Unit 1: Introduction to Therapeutic Engagement
Start: July 31, 2012
End: August 5, 2012

Unit 2: Understanding the Core Message or Core Themes
Start: August 6, 2012
End: August 12, 2012

Unit 3: Advanced Counseling Skills
Start: August 13, 2012
End: August 19, 2012

Unit 4: Helping Clients Take Action Toward Constructive Change
Start: August 20, 2012
End: August 26, 2012

Unit 5: Therapeutic Engagement in other Modalities
Start: August 27, 2012
End: September 2, 2012

Unit 6: Common Forms of Therapeutic Engagement in Mental Health Settings
Start: September 3, 2012
End: September 9, 2012

F2F Day: September 15, 9:00 am - 4:30 pm, Lansdowne Campus, Camosun College

Note: This is a **one day** face-to-face workshop format; **attendance is mandatory to complete the course.**

Student Assessment

There will be seven assignments and one quiz for this course. 10% of the course mark is assigned for participation. Please refer to the Course Assignment List under **Content** in D2L

Participation

Class and online activities are planned as a continuum for building the skills and knowledge required to meet the program competencies. This course is delivered via a dynamic D2L format and a one day campus seminar. Participation in all activities and online discussions is mandatory.

Participation includes:

- Arriving at class and/or posting assignments and views in timely manner
- Online and face-to-face participation that is constructive and appropriate
- Active participation in group work, classroom, and online activities
- Active and respectful listening in all learning environments

Evaluation

A+	90 - 100%	B+	77 - 79%
A	85 - 89%	B	73 - 76%
A-	80 - 84%	B-	70 - 72%

Students must complete each theory course with a minimum B- and receive passing evaluations in the practice course to successfully complete the Diploma

Learning & Support Services for Students

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

Student Conduct Policy

It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College website in the Policy Section. <http://www.camosun.bc.ca/policies/policies.html>