

# Spokane Falls Community College

## Course Learning Outcomes and Outline

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Prefix and Course Number    ICS 160  
Course Title                      Therapeutic Techniques

Version Date: 11/21/18

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### Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Determine appropriate approaches for different populations and circumstances.
2. Describe the need for the use of evidence-based practices and list those used in social service settings.
3. Establish rapport with clients, including in crisis situations.
4. Tailor helping strategies to clients' needs and preferences.
5. Describe effective personalized approaches to preventing burnout and boundary violations.

### Course Outline

- I. Helping as a Career
  - A. Definition of helping and therapy
  - B. Evidenced-based practices
  - C. Intrinsic versus extrinsic motivation
- II. Motivational Interviewing
  - A. Philosophical basis
  - B. Appropriate use
  - C. Motivational Interviewing practice
- III. Dialectical Behavior Therapy
  - A. The four pillars
  - B. Mindfulness
  - C. Appropriate use
  - D. DBT practice
- IV. Behavior modification
  - A. Functional behavior assessments
  - B. Contracting for change
  - C. Reinforcement, reward and punishment
  - D. Appropriate use
  - E. Behavior Modification practice
- V. Cognitive-Behavioral Therapy
  - A. Challenging cognitive distortions and irrational thoughts

- B. The cognitive triangle
- C. Trauma-informed CBT
- D. Appropriate use
- E. CBT practice

VI. Brief Interventions

- A. Screening for substance use disorder problems
- B. SBIRT
- C. Motivational Enhancement Therapy

VII. Professional Self-Care

- A. Cultivation of boundaries
- B. Burnout
- C. Existential challenges

VIII. Crisis Intervention

- A. Suicide risk assessment and intervention
- B. Compliance versus conviction
- C. Debriefing and staff care