

HSSA 280 : Peer Counseling

Credits 5

Quarter Offered Winter

Students will learn concepts of recovery, resilience, and practice of Certified Peer Counseling. Develop interpersonal skills that emphasize healthy attachment, defusing transference, self-advocacy, client assessment planning, goal setting for self and peers, and the impact of values and culture on life transitions. This course is designed to meet the State and Federal standards for a Peer Recovery Specialist. This class may include students from multiple sections.

Course Outcomes

- Recall concepts of recovery, resilience and practice of Certified Peer Counselor.
- Demonstrate interpersonal skills for connecting with a client.
- Develop a community resource and referral manual for potential clients.
- Develop an awareness of self-advocacy and wellness for a peer counselor career path and demonstrate by developing a burnout prevention plan.
- List the steps for a client data and assessment plan.
- Demonstrate intervention skills.
- Identify components of non-judgmental and non-adversarial interactions.
- Demonstrate skills in goal setting in a written format provided in the training manual.
- Demonstrate strategies for goal setting based on standards from the Department of Behavioral Health and Recovery.
- Describe the implications of the effect of values and culture on life transitions.