

# SOCIAL WORK

---

- Skills for Professional Helpers - Certificate of Completion (<https://lbcc-public.courseleaf.com/noncredit/programs-of-study/social-work/skills-professional-helpers-certificate-completion/>)

## **SW 607 0 units**

### **Development of Helping/Listening Skills**

#### **54 hours lecture**

Grading: non graded.

This course is designed for persons who are interested in working in counseling/case manager roles in the human services or social work field. Topics covered include developing techniques for volunteer, peer and para-professionals working in the people-helping fields. Students will develop skills in providing personalized assistance to clients. Small groups will be used to guide students through a learning sequence of listening and helping skills.

## **SW 645 0 units**

### **Stress, Change & Managing Roles**

#### **54 hours lecture**

Grading: non graded.

This course examines the many psychological, social and environmental stresses commonly experienced by persons living in a modern world with multiple responsibilities to manage. Specific ways to cope or more effectively manage these stressors will be presented. Material will include techniques to deal with individual, social & interpersonal issues including meditation, self-hypnosis and progressive muscle relaxation. Students will demonstrate their learning by creating a lesson plan for a training to be delivered in a group setting.

## **SW 660 0 units**

### **Domestic/Intimate Partner Violence**

#### **54 hours lecture**

Grading: non graded.

This course is designed to provide a portion of the required academic training needed to prepare students to pursue the work experience required to qualify as a Certified Domestic Violence Counselor. Training shall include, but will not be limited to, the following: history of domestic violence, civil and criminal law as it is related to domestic violence, societal attitudes towards domestic violence, peer counseling techniques, housing, public assistance and other financial resources available to meet the financial needs of domestic violence victims.