

Week 3: Theories Of Helping: The Ecological Model, The Characteristics, Skills, And Knowledge Of Effective Human Service Professionals

The reading this week includes both a brief discussion of theories, as well as the characteristics, skills and knowledge for effective helping. Our focus in class this week will be on what YOU bring to the field. We will talk about the different characteristics, skills, and knowledge that assist in effective human services. We will also discuss what strengths you already have, and which areas you might want to improve. This information is in the last section of Chapter 1 of the text.

Learning Outcomes for the Week

- Describe current theories of helping.
- Articulate your own strengths and challenges as a helper.

Course Materials

- [Chapter 1: An Overview: Human Services](#): Read the second half of the chapter, starting in section 1.3 Theories, Practices, and Concepts Central to Human Services all the way to the end of the chapter.
- [The Different Models \(theories\) of Psychotherapy](#) (Viewing time: 3 minutes 25 seconds)
- Characteristics, Skills, and Knowledge Worksheet: We will be completing this in class. I will bring copies for everyone.

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