

Montgomery County Community College  
 HSW 220  
 Introduction to Adjunctive Therapies  
 3-3-0

**COURSE DESCRIPTION:**

A variety of adjunctive therapies and activities that enhance the therapeutic process for populations served by human service agencies. Therapeutic modalities include but are not limited to: art, music, movement, dance, poetry, psychodrama and biofeedback.

**PREREQUISITE(S):**

None

**CO-REQUISITE(S):**

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Examine theory and practice of counseling via different adjunctive therapeutic methodologies.	Lecture/Discussion Assigned Readings Case Study Based Discussion	Exams/Quizzes Case Study Essays/ Quizzes
2. Describe the application of adjunctive counseling theories to common mental/behavioral health problems.	Lecture/Discussion AV/Multimedia Materials Case Study Based Discussion	Web-Based Research Case Study Essays/ Quizzes
3. Demonstrate how adjunctive therapy can be used in clinical and/or non-clinical settings.	Lecture/Discussion AV/Multimedia Materials Case Study Based Discussion Discussions: Adjunctive Modality Self Change Project Discussion	Case Study Essays/ Quizzes Required Component Needed for (HSW) Portfolio: Adjunctive Self-Change Power-Point Project
5. Utilize the Ethical Standards of Human Service Professionals concerning ethical issues in adjunctive therapy treatment / counseling.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Exams/Quizzes Case Study Essays/ Quizzes

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
6. Evaluate the efficacy of adjunctive counseling techniques and theories in relationship to diverse populations.	Lecture/Discussion Case Study Based Discussion AV/Multimedia Materials	Exams/Quizzes Case Study Essays/ Quizzes Required Component Needed for (HSW) Portfolio: Adjunctive Self- Change Power-Point Project

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### SEQUENCE OF TOPICS:

1. Definition of Evidence-Based Adjunctive Therapies
2. Bibliotherapy
3. Adjunctive E-Health
4. Support Groups
5. Exercise
6. Mediation
7. Self-Monitoring
8. Expressive Writing
9. Holistic and Alternative Methods
10. Adjunctive Therapies and Treatments

#### LEARNING MATERIALS:

O'Donohue, W.T. and Cummings, N.A. (2008) Evidence-Based Adjunctive Treatments. Academic Press.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

#### COURSE APPROVAL:

Prepared by: Diane Haar and Judith Gay Date: 9/1998  
 Revised by: Maureen B. Rose, MSW, HS-BCP Date: 5/13/2013  
 VPAA/Provost or designee Compliance Verification:  
 Victoria L. Bastecki-Perez, Ed.D. Date: 5/28/2013

Revised by: Maureen Rose Date: 12/27/2018  
 VPAA/Provost or designee Compliance Verification: Date: 1/10/2018



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*