

HSC205.9 Counselling Theories & Practice 2

Name of Unit 1 (Unit Code 1)

Counselling Theories and Practice 2 (HSC205.9)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Masters	One semester	Advanced	Sam Smith Head of Program or approved adjunct Lecturer

Core or elective unit

Indicate if the unit is a

- core unit
 elective unit
 other (please specify below):

Elective: Master of Counselling Practice

Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points	Total course credit points
6	96

Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week*	No. personal study hours per week**	Total workload hours per week***
3	7	10

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: ___n/a___ hours per week

Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite unit for this unit?

Yes No

If **YES**, provide details of the prerequisite or co-requisite requirements below.

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Other resource requirements

Do students require access to specialist facilities and/or equipment for this unit (for example, special computer access, physical education equipment)?

Yes No

If **YES**, provide details of specialist facilities and/or equipment below.

Video recording equipment to record counselling practical assessment.

SECTION 2 – ACADEMIC DETAILS

Unit Descriptor

Provide below a brief unit description, which includes a summary of the key content of the unit.

This unit builds on two core units (Introduction to Counselling Theories and Counselling Theories & Practice), providing further focused theoretical and skill-based training on two additional counselling modalities. The differences between theoretical approaches are considered, as well as application to client issues, strengths and limitations of each approach, and a framework for the counselling process are addressed.

A growing awareness of the student's personal counselling style is fostered, and ethical considerations related to each modality are highlighted.

Learning Outcomes for Unit

Learning outcomes for unit:

1. Critically examine key theoretical principles and interventions of a range of counselling modalities in relation to client issues as a bridge to clinical practice.
2. Critically apply appropriate and ethical use of counselling interventions in response to client concerns with recourse to theory and vocational ethical frameworks.
3. Critically reflect on self development and personal counselling practice, demonstrating self-awareness around strengths, preferred approaches to counselling, approach to counselling integration and identifying areas for ongoing learning and support.

Assessment tasks

Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Case study - applying theory and practice of both modalities to a case study. 2000 words	1 & 2	Week 5	35%
Reflective Paper – this paper will take an essay form from one theoretical perspective. This essay will depict a theoretical understanding of the students' development of "their self" through any number of life events. 1,500 words	1 & 3	Week 8	25%
Counselling practical assessment and critique, demonstrating counselling interventions from a chosen modality which is self-critiqued. Equivalent to 2500 words	1 & 3	Week 14	40%

2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Required Textbooks

Corey, G. (2017). *Theory & practice of counseling & psychotherapy* (10th ed.). Cengage Learning.

Plus one of the following:

Denborough, D. (2014). *Retelling the stories of our lives: Everyday narrative therapy to draw inspiration and transform experience*. W. W. Norton & Company.

De Jong, P., & Berg, I. K. (2012). *Interviewing for solutions* (4th ed.). Thomson Brooks/Cole.

Corsini, R. J., & Wedding, D. (2018). *Current psychotherapies* (11th ed.). Cengage Learning.

Lipchik, E. (2011). *Beyond technique in solution-focused therapy: Working with emotions and the therapeutic relationships*. Guilford Publications.

Lock, A., & Strong, T. (2010). *Social constructionism: Sources and stirrings in theory and practice*. Cambridge University Press.

Jones, S. L., & Butman, R. E. (2011). *Modern psychotherapies: A comprehensive Christian appraisal* (2nd ed.). InterVarsity Press.

Milner, J., & Bateman, J. (2011). *Working with children and teenagers using Solution-Focused approaches: Enabling children to overcome challenges and achieve their potential*. Jessica Kingsley Publishers.

Morgan, A. (2000). *What is narrative therapy? An easy-to-read introduction*. Dulwich Centre Publications.

McLeod, J. (2018). *An introduction to counselling and psychotherapy*. (6th ed). Open University Press.

Prochaska, J. O., & Norcross, J. C. (2018). *Systems of psychotherapy: A transtheoretical analysis* (9th ed.). Oxford University Press.

Sharf, R. F. (2020). *Theories of psychotherapy & counseling: Concepts and cases* (6th ed.). Cengage.

White, M. (2007). *Maps of narrative practice*. W. W. Norton.

Recommended websites:

Dulwich Centre - www.dulwichcentre.com.au
Particularly the Friday afternoon conversations.

Narrative Practices Adelaide - <http://narrativepractices.com.au>

Recommended journals:

Christian Counseling Today.

Journal of Psychology and Christianity

Journal of Psychology and Theology

Psychotherapy in Australia