

HSC200.8 Counselling Skills

Name of Unit 1 (Unit Code 1)
Counselling Skills (HSC200.8)

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Graduate Certificate Graduate Diploma Masters	One semester	Introductory	Sam Smith

1.2 Core or elective unit

Indicate if the unit is a

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

1.3 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 <i>Example: 10 credit points</i>	Total course credit points <i>Example: 320 credit points</i>
6	24 / 48 / 96

1.4 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: 0 hours per week

1.5 Delivery mode

Tick all applicable delivery modes for the unit:

- Face to face on site
- e-learning (online)
- Intensive (provide details)

See Delivery Modes Policy.

- Block release (provide details)

- Work-integrated learning activity
- Mixed/blended
- Distance/independent learning (untimetabled)
- Full-time
- Part-time
- External
- Fast track (provide details)

- Other (please specify)

1.6 Pre-requisites and co-requisites

Are students required to 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.

1.7 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

2.1 Unit Descriptor

This unit builds on foundational communication skills by introducing counselling techniques in the form of microskills and a basic counselling framework. Students will develop both an understanding of the principles and practical application of these skills for intentional use. The aim is to develop the student as a reflective practitioner, both self and culturally aware and proficient in creating a safe and helpful therapeutic alliance with a diverse range of clients.

Students will also be introduced to reflexive practice, a methodology that provides a framework for critical evaluation of their skills and the development of ongoing plans for personal and professional growth. This knowledge and personal application has broad application to both counselling and human service provision contexts.

2.2 Learning Outcomes for the Unit

Learning outcomes for unit:

1. Evaluate the use of counselling microskills and identify their efficacy in relation to client issues.
2. Examine the human dimension of the therapeutic alliance and process, demonstrating self-awareness in relation to assumptions, strengths and vulnerabilities to inform professional and culturally aware counselling practice.
3. Intentionally apply appropriate, culturally aware and ethical use of counselling skills within a recognised interview framework.
4. Critically evaluate personal counselling practice, demonstrating a high level of self-awareness regarding therapist factors and skill presentation, identifying areas for ongoing learning and growth.

Assessment tasks

Type * <i>(see examples noted below this table)</i>	Learning Outcome/s assessed	When assessed – year, session and week <i>(for example, year 1, semester 1, week 1)</i>	Weighting <i>(% of total marks for unit)</i>
Essay Students are to write an essay critically discussing the importance of an effective therapeutic relationship, and the factors that positively and negatively influence its formation, particularly considering the	2,4	Week 6	20%

<p>qualities of the therapist. In light of this theoretical learning, students are to evaluate their own strengths and vulnerabilities in these areas and formulate intentional strategies for growth. (1500 words)</p>			
<p>Reflective Journal Essay Students are to write an essay that engages with reading, learning from the lectures, and participation in personal counselling sessions. The essay is to demonstrate high levels of personal involvement in counselling sessions, reflection on personal issues, application for professional context, and a plan for ongoing growth and learning. (1,500 words)</p>	1, 2 and 4	Week 11	30%
<p>Counselling Practical Interview and Critique Students are to demonstrate counselling microskills within an interview framework using advanced levels of client awareness and intentionality. This is self-critiqued via a reflective paper. Students are to show advanced level of skill evaluation and intentional strategies for ongoing growth. (Equivalent to 2500 words: practical – 1500, critique - 1000)</p>	1, 3 and 4	Week 14	50%

2.3 Prescribed and recommended readings

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

Required Textbook

Ivey, A. E., Ivey, M. B., & Zalaquett, C. (2023). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (10th ed.). Cengage.

Recommended Reference List

Bager-Charleson, S. (2020). *Reflective practice and personal development in counselling and psychotherapy* (2nd ed.). SAGE Publications.

Geldard, D., & Geldard, K. (2016). *Basic personal counselling* (8th ed.). Cengage.

Egan, G. (2019). *The skilled helper: A problem-management approach and opportunity-development approach to helping* (11th ed.). Brooks/Cole.

DeVito, J. A. (2018). *The interpersonal communication book* (15th ed.). Pearson.

Geldard, D., Geldard, K., & Yin Foo, R. (2016). *Basic personal counselling: A training manual for counsellors* (8th ed.). Cengage Learning.

McKay, M., Davis, M., & Fanning, P. (2018). *Messages: The communication skills book* (4th ed.). New Harbinger.

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

McLeod, J., & McLeod, J. (2011). *Counselling skills: A practical guide for counsellors and helping professionals* (2nd ed.). Open University Press.

McLeod, J., & McLeod, J. (2014). *Personal and professional development for counsellors, psychotherapists and mental health practitioners*. Open University Press.

Smith, V., Collars, P., Nicolson, P., & Bayne, R. (2012). *Key concepts in counselling and psychotherapy: A critical A-Z guide to theory*. Open University Press.

West, R., & Turner, L. (2018). *Interpersonal communication* (4th ed.). SAGE Publishing.

Recommended Journals

Christian Counseling Today

Counseling and Psychotherapy Journal

Journal of Counseling and Development

British Association for Counselling and Research