

## HSC201.8 Introduction to Counselling Theories

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<b>Name of Unit 1 (Unit Code 1)</b>
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Introduction to Counselling Theories (HSC201.8)
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### SECTION 1 – GENERAL INFORMATION

#### 1.1 Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Graduate Certificate Graduate Diploma Masters	One semester	Introductory	Olivia Kearney

#### 1.2 Core or elective unit

Indicate if the unit is a

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

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#### 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.

## SECTION 2 – ACADEMIC DETAILS

### 2.1 Unit Descriptor

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

This unit examines the history and development of counselling theory and explores five key approaches to counselling: Psychodynamic, Cognitive-Behavioural, Humanistic, Postmodern, and Systemic. It helps students to recognise the strengths and weaknesses of each approach by examining their respective philosophies, processes, and techniques and it encourages students to reflect on the theoretical implications for social and cultural diversity. Comparisons of the philosophies include reviewing their perspectives on human nature, psychopathology, and the process of change. The approaches studied are by no means exhaustive but are sufficient to introduce students to developing a personal working approach to counselling practice.

### 2.2 Learning Outcomes for Unit

#### Learning outcomes for unit:

1. Differentiate between key counselling schools of thought and their perspectives on human nature, psychopathology, and the process of change
2. Evaluate key features of different theoretical counselling perspectives (including theological perspectives, cultural and social diversity, power and position of therapist) and their clinical efficacy
3. Explain how a contemporary counselling theory can be applied in case specific contexts as a bridge to integrative counselling practice

#### Assessment tasks

Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
<b>Online Quizzes</b> Five (5) online quizzes, each assessing understanding of one counselling school of thought. (Equivalent to 1,000 words)	1	Periodically throughout the semester	20%
<b>Case Studies</b> Over three case studies, apply counselling theory to specific contexts: peer face-to-face		Periodically throughout the semester	30%

discussion or via online discussion forum, involving both written preparation and oral communication. (Equivalent to 1,500 words)	2, 3		
<b>Major Essay</b> Major essay, demonstrating advanced understanding of the key components of one counselling theory, critiquing its theological implications and personal application. (3,000 words)	2, 3	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.

<b>Required Textbook</b>
Corey, G. (2017). <i>Theory and practice of counseling and psychotherapy</i> (10th ed.). Brooks/Cole.
<b>Recommended Reference List</b>
Corey, G. (2017). <i>Theory &amp; practice of counseling &amp; psychotherapy</i> (10th ed.). Brooks/Cole.
Corsini, R. J., & Wedding, D. (2018). <i>Current psychotherapies</i> (11th ed.). Brooks/Cole.
Entwistle, D. N. (2015) <i>Integrative approaches to psychology and Christianity: An introduction to worldview issues, philosophical foundations, and models of integration</i> (3rd edn). Cascade Books.
Johnson, E. L. (Ed.). (2010). <i>Psychology and Christianity: Five views</i> (2nd ed.). InterVarsity Press.
Jones, S. L., & Butman, R. E. (2011). <i>Modern psychotherapies: A comprehensive Christian appraisal</i> (2nd ed.). InterVarsity Press.
Jones-Smith, E. (2018). <i>Culturally diverse counselling: Theory and practice</i> . SAGE.
Jones-Smith, E. (2021). <i>Theories of counseling and psychotherapy: an integrative approach</i> (3rd ed.). SAGE.
McLeod, J. (2018). <i>An introduction to counselling and psychotherapy</i> . (6th ed). Open University Press.
Prochaska, J. O., & Norcross, J. C. (2018). <i>Systems of psychotherapy: A transtheoretical analysis</i> (9th ed.). Oxford University Press.
Sharf, R. F. (2016). <i>Theories of psychotherapy &amp; counseling: Concepts and cases</i> (6th ed.). Brooks/Cole.
<b>Recommended Journals</b>
<i>Counseling and Psychotherapy Journal</i> <i>Psychotherapy in Australia</i>