

HSC202.8 Counselling Theories & Practice

Name of Unit 1 (Unit Code 1)

Counselling Theories and Practice (HSC202.8)

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

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

1.2 Core or elective unit

Indicate if the unit is a

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

Elective: Graduate Certificate in Counselling

Core: Graduate Diploma in Counselling and Master of Counselling Practice

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	Total course credit points
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)

Four-day block during mid-semester break. Pre and post intensive online work required.

- 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.

HSC200.8 Counselling Skills (prerequisite)
HSC201.8 Introduction to Counselling Theories (prerequisite)

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

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

This unit extends students' knowledge of counselling theory gained in the unit Introduction to Counselling Theories by examining approaches to counselling practice in greater depth. Two counselling approaches representing two broad theoretical developments will be explored. In addition, the movement towards psychotherapy integration will be investigated and the way it informs practice will be analysed. The unit will also focus on the application of these theories to counselling practice and provide opportunity for students to continue develop their counselling skills and processes.

2.2 Learning Outcomes for Unit

Learning outcomes for unit:

1. Critically examine the theoretical tenets and practices of two main theories of counselling to inform clinical practice.
2. Evaluate the movement towards psychotherapy integration with a view to how this shapes clinical counselling practice.
3. Intentionally apply appropriate and ethical use of counselling interventions in response to client concerns and be able to substantiate their use with recourse to theory and vocational ethical frameworks.
4. Critically reflect on personal counselling practice demonstrating advanced self-awareness around strengths and limitations of their practice, and preferred approaches.

Assessment tasks			
Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Case Study Applying theory and practice of two modalities taught to a case study. 2000 words	1, 3 & 4	Week 7	35%
Integration Paper Compare and contrast theoretical modalities and apply an assimilative integration framework to inform clinical practice. 1500 words	1 & 2	Week 10	25%
Counselling Application & Reflection (video demonstration included) Students are to demonstrate intentional competence within one counselling modality 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 word count: 2000 word	1, 3 & 4	Week 14	40%

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

Greenberg, L. S. (2015). *Emotion-focused therapy: Coaching clients to work through their feelings* (2nd ed.). American Psychological Association.

Simmons, J., & Griffiths, R. (2018). *CBT for beginners* (3rd ed.). SAGE.

Recommended Reference List

Beck, J. S. (2021). *Cognitive behaviour therapy: Basics and beyond* (3rd ed.). The Guilford Press.

- Corey, G. (2017). *Theory & practice of counseling & psychotherapy* (10th ed.). Cengage Learning.
- Corsini, R. J., & Wedding, D. (2010). *Current psychotherapies* (9th ed.). Brooks/Cole.
- Davidson, R. J., & Begley, S. (2013). *The emotional life of your brain: How its unique patterns affect the way you think, feel, and live – and how you can change them*. Hodder.
- Greenberg, L. (2017). *Emotion-focused therapy* (Rev. ed.). APA.
- Greenberger, D., & Padesky, C. A. (2015). *Mind over mood: Change how you feel by changing the way you think* (2nd ed.). The Guilford Press.
- Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2023). *Intentional interviewing and counselling: Facilitating client development in a multicultural society* (10th ed.). Brooks/Cole.
- Jones, S. L., & Butman, R. E. (2011). *Modern psychotherapies: A comprehensive christian appraisal* (2nd ed.). InterVarsity Press.
- Jones-Smith, E. (2021). *Theories of counseling and psychotherapy: An integrative approach* (3rd ed.). SAGE.
- McLeod, J. (2019). *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. (2016). *Theories of psychotherapy & counseling: Concepts and cases* (6th ed.). Brooks/Cole.
- Van Bilsen, H. (2013). *Cognitive behaviour therapy in the real world: Back to basics*. Routledge.

Recommended Journals

Counselling and Psychotherapy Research
Journal of Psychotherapy Integration
Psychotherapy Research