

HSC102.7 Counselling and Mental Health

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| Name of Unit 1 (Unit Code 1) |
| Counselling and Mental Health |

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

| Associated higher education awards <i>(list all awards)</i> | Duration | Level <i>(for example, introductory, intermediate, advanced level)</i> | Unit Coordinator <i>(incl. academic title)</i> |
|---|-----------------|--|--|
| Bachelor | One semester | Advanced | Cate Howell |

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 | Total course credit points |
|---------------------------|-----------------------------------|
| 6 credit points | 144 credit points |

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 |

1.5 Delivery mode

Tick all applicable delivery modes for the unit:

Face to face on site

e-learning (online)

Intensive (provide details)

| |
|-----------------------------------|
| See "Mode of Delivery" guidelines |
|-----------------------------------|

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 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.

Pre-requisite: Introduction to Mental Health and Wellbeing HSS106.5

Co-requisite:

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

Brief description of the content of the unit

This unit introduces students to a range of psychological disorders, assisting them to gain an understanding of their aetiology, characteristics and accompanying issues. It is informed by a multidimensional perspective of causality and treatment of mental illness that promotes the practice of intentionally identifying needs specific to each individual. Students will be encouraged to develop awareness of mental health presentations in context, to recognise the signs of psychological problems, preparing them to discern how to provide appropriate therapeutic assistance to facilitate optimal functioning and wellbeing.

Learning outcomes for the unit

Make sure that learning outcomes consist of three key elements:

(1) a demonstrable / observable verb, (2) a stem, and (3) a qualifier.

For example, “Explain the authorship of the Pentateuch with reference to traditional perspectives and contemporary scholarship.” Make sure your key verb is consistent with the AQF level of the unit.

To assist link to [‘Measurable and Observable Verbs List’](#)

1. Identify clinically relevant mental health presentations.
2. Explain the biopsychosocial, spiritual and cultural factors impacting the development, symptoms and treatment of clients with mental health issues.
3. Evaluate treatment options in order to identify strategies for clinical counselling practice and possible referral sources for extra support.

Assessment tasks

| Type | Learning Outcome/s assessed | When assessed – year, session and week | Weighting |
|---|-----------------------------|--|-----------|
| Presentation Prepare an online presentation relating to a specific mental health disorder in response to the articles and questions posted on the online site. 1200 word equivalent. | 1 & 3 | Week 8 | 25% |
| Tutorial engagement Prepare for weekly tutorial contribution by engaging with weekly articles and questions posted on online site. 900 word equivalent. | 1, 2 & 3 | Weekly | 20% |

| Assessment tasks | | | |
|---|-----------------------------|--|-----------|
| Type | Learning Outcome/s assessed | When assessed – year, session and week | Weighting |
| <p>Progress tests</p> <p>Students will be required to complete five multiple-choice tests comprising ten questions, located online.</p> <p>The quizzes reflect themes and theories from the relevant weeks' topic and questions are based on the general content of the related textbook chapter.</p> <p>900 word equivalent.</p> | 1, 2 & 3 | Weeks 2, 4, 8, 9 & 11 | 20% |
| <p>Major paper</p> <p>Select a specific chronic Write an evidence-based paper that demonstrates technical skill making the link between theory and practice on a major psychiatric disorder. 2000 words</p> | 2, 3 & 4 | Week 14 | 35% |

2.1 Prescribed and recommended readings

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

Prescribed reading:

Augustus, J., Bold, J., & Williams, B. (2019). *An introduction to mental health*. Sage.

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. American Psychiatric Association Publishing.

Barlow, D.H., & Durand, V.M. (2018). *Abnormal psychology: An integrative approach (8th ed.)*. Cengage Learning.

Brown, T. A., & Barlow, D. H. (2017). *Casebook in abnormal psychology (5th ed.)*. Thomson/Wadsworth.

Durand, V. M., Barlow, D. H., & Hofmann, S. G. (2018). *Essentials of abnormal psychology (8th ed.)*. Cengage Learning.

Eells, T. (Ed.). (2022). *Handbook of psychotherapy case formulation (3rd ed.)*. Guilford Press.

Howell, C. (2016). *Listening, learning, caring and counselling: The essential manual for psychologists, psychiatrist, counsellors and other healthcare professionals on caring for their clients*. Exisle Publishing.

Hungerford, C., Hodgson, D., Clancy, R., Murphy, G. & Doyle K. (2020) *Mental health care: An introduction for health professionals*. Wiley.

Kring, A., & Johnson., S. (2022) *Abnormal psychology: The science and treatment of psychological disorders*. Wiley

Moller, N., Vossler, A., Jones, D. & Kaposi, D. (2020). *Understanding mental health and counselling*. Open University.

Sue, D., Sue, D., Sue, D. & Sue. S. (2022). *Understanding abnormal behaviour*. Cengage

Further resources, including recommended texts, websites and an extended bibliography, are listed on the unit site.