

HSC102.8 Counselling and Mental Health

Name of Unit 1 (Unit Code 1)
Counselling and Mental Health (HSC102.8)

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Graduate Certificate Graduate Diploma Masters	One semester	Introductory	Dr Cate Howell

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)

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 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. This approach aims to foster the development of a compassionate and non-judgemental viewpoint and challenge students' own pre-conceived notions around the role of stigma. Students will be encouraged to think critically about the nuances 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.

2.2 Learning Outcomes for the Unit

Learning outcomes for unit:

1. Differentiate clinically relevant mental health presentations.
2. Explain the biopsychosocial, spiritual and cultural factors impacting the development, symptoms, and treatment of clients with mental illness and their families.
3. Critically appraise treatment options that address the neurological/physiological, psycho-cognitive, social, and cultural aspects of mental health, in order to formulate strategies for clinical counselling practice and possible referral sources for extra support.
4. Critically reflect on personal mental health and wellbeing.

Assessment tasks

Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Tutorials Participation in tutorials focused on research articles pertaining to a range of mental health topics, culminating in a presentation. (Equivalent to 1500 words)	1, 2 & 3	Weeks 2, 4, 5, 6, 8, 10, 12	25%

Assessment tasks			
Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Self-Reflection Exercise Students will fill out a personal assessment measure (Wellness Assessment Tool), view/listen to lecture on vicarious trauma (VT) and complete a related Wellness Plan and then write a reflective piece. (Equivalent to 500 words)	4	Week 5	15%
Progress Tests Multiple choice tests involving application of textbook readings to given psychological problems. (1500 words equivalent)	1, 2 & 3	Weeks 2, 4, 7, 9,11	25%
Major Paper Write an evidence-based paper that demonstrates technical skill making the link between theory and practice on a major psychiatric disorder. (Equivalent to 2000 words)	1, 2 & 3	Week 13	35%

2.3 Prescribed and recommended readings

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

<p>Required Textbook</p> <p>Durand, V. M., Barlow, D. H., & Hofmann, S. G. (2018). <i>Essentials of abnormal psychology</i> (8th ed.). Cengage Learning.</p>
<p>Recommended Reference List</p> <p>Augustus, J., Bold, J., & Williams, B. (2019). <i>An introduction to mental health</i>. Sage.</p> <p>American Psychiatric Association. (2013). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed.).</p> <p>Augustus, J., Bold, J., & Williams, B. (2019). <i>An introduction to mental health</i>. Sage.</p> <p>Barlow, D.H., & Durand, V.M. (2018). <i>Abnormal psychology: An integrative approach</i> (8th ed.). Cengage Learning.</p> <p>Brown, T. A., & Barlow, D. H. (2017). <i>Casebook in abnormal psychology</i> (5th ed.). Thomson/Wadsworth.</p>

- Cozolino, L. (2017). *The neuroscience of psychotherapy of healing the social brain*. Norton.
- 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.
- Erford, B. T. (2018). *Group work: Processes and applications (2nd ed.)*. Taylor & Francis Group.
- 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 counseling*. Open University.
- Powell, T. (2017). *Mental health handbook: A cognitive behavioural approach (3rd ed.)*. Routledge.
- Richards, K. (2014). *Madness: A memoir*. Penguin Group.
- Sharf, R. F. (2020). *Theories of psychotherapy & counseling: Concepts and cases (6th ed.)*. Cengage Learning.
- Westbrook, D., Kennerley, H., & Kirk, J. (2017). *Introduction to cognitive behaviour therapy: Skills and applications (3rd ed.)*. SAGE.

Recommended Journals

Christian Counseling Today
Journal of Psychology and Christianity
Journal of Psychology and Theology
Psychotherapy in Australia