

HSC104.5 Foundations of Therapeutic Practice

Name of Unit 1 (Unit Code 1)

Foundations of Therapeutic Practice (HSC104.5)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards <i>(for example, Bachelor, Diploma)</i>	Duration <i>(for example, one semester, full year)</i>	Level <i>(for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)</i>	Unit Coordinator
Diploma of Applied Social Science	One semester	1 st Year Level 5	Sam Smith or approved adjunct Lecturer
Bachelor of Counselling	One semester	1 st Year Level 5	Sam Smith or approved adjunct Lecturer

Core or elective unit

Indicate if the unit is a

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

Core: Bachelor of Counselling

Elective: Diploma of Applied Social Science: Counselling Specialisation

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	48/144

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	6	9

* Total time spent per week at lectures, tutorials, clinical and other placements etc.

** Total time students are expected to spend per week in studying, completing assignments, etc.

*** That is, * + ** = workload hours.

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

Pre-requisites and co-requisites

Are students required have undertaken a prerequisite or co-requisite unit for this unit?

- Yes No

SECTION 2 – ACADEMIC DETAILS**Unit Descriptor**

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

This unit introduces students to the foundational concepts, qualities and skills underpinning the therapeutic relationship and the counselling process. The course provides opportunities for reflection, insight, skill acquisition and growth in both personal and professional domains, particularly considering personal worldviews and assumptions to inform culturally aware counselling. Counsellor wellbeing and self-care are introduced and addressed as essential components of professional counselling practice.

Learning Outcomes for the Unit**Learning outcomes for unit:**

1. Examine foundational concepts, qualities and skills required for effective counselling practice.
2. Evaluate personal attributes, demonstrating self-awareness in relation to assumptions, strengths, skills, and vulnerabilities to inform professional and culturally aware counselling practice.
3. Identify personal risk factors and resilience strategies, identifying areas for ongoing learning and growth, in order to inform both clinical practice and personal wellbeing and self-care.

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 Discuss the factors that influence the effective formulation of therapeutic alliance and barriers to it. 1500 words	1	Week 7	30%
Reflective Journal. Evaluate personal qualities, skills and experiences in light of theoretical learning in order to identify strengths and formulate intentional strategies for areas requiring growth. 1500 words	1, 2 & 3.	Week 9	30%
Part A: Group presentation (15 minutes) Research a core topic pertaining to wellbeing and present to class incorporating theoretical concepts. Part B: Personal self-management plan Equivalent to 1500 words	2 & 3	Weeks 11 & 12	40%

2.1 Prescribed and recommended readings

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

Required textbooks No required texts; readings will be posted on online site from multiple sources.

Recommended reference list:

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

Douglas, B., Woolfe, R., Strawbridge, S., Kasket, E., & Galbraith, V. (Eds) (2016) *The handbook of counselling psychology* (4th edn). SAGE Publications.

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

Geller, S. (2017). *A practical guide to cultivating therapeutic presence*. American Psychological Association.

Ivey, A.E, Ivey, M.B. & Zalaquett, C.P (2018). *Intentional interviewing and counselling* (9th ed.). Brooks/Cole.

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

McMinn, M. (2011). *Psychology, theology and spirituality in christian counseling*. Tyndale House.

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.

Recommended journals:

Christian Counseling Today.

Counseling and Pyschotherapy Journal: CPJ

Journal of Counseling and Development

British Association for Counselling and Research