

## HSC200.5 Counselling Skills

<b>Name of Unit 1 (Unit Code 1)</b>
Counselling Skills (HSC200.5)

### SECTION 1 – GENERAL INFORMATION

#### Administrative details

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

#### Core or elective unit

Indicate if the unit is a

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

Elective: Diploma of Applied Social Science: Counselling Specialisation

Core: Bachelor of Counselling

#### 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).

<b>Unit credit points</b> <i>Example: 10 credit points</i>	<b>Total course credit points</b> <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.

<b>No. timetabled hours per week*</b>	<b>No. personal study hours per week**</b>	<b>Total workload hours per week***</b>
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

**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****Unit Descriptor**

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

This unit builds on the communication foundations of Professional Communication Skills and Counselling Foundations by introducing counselling techniques in the form of microskills, and a basic counselling framework.

The aim is to begin to develop an understanding of the principles and practical application of these skills, applying reflexive practice. This knowledge and growth will have broad application to both counselling and human service provision contexts.

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

1. Identify counselling micro skills and exercise judgement on their efficacy in relation to client issues.
2. Demonstrate the appropriate and culturally aware use of counselling skills within a recognised interview framework.
3. Reflect on personal counselling practice, demonstrating self-awareness regarding therapist factors and skill presentation, identifying areas for ongoing learning and growth.

**Assessment tasks**

<b>Type *</b> <i>(see examples noted below this table)</i>	<b>Learning Outcome/s assessed</b>	<b>When assessed – year, session and week</b> <i>(for example, year 1, semester 1, week 1)</i>	<b>Weighting</b> <i>(% of total marks for unit)</i>
Reading and Online Quizzes  Equivalent to 1000 words	1 & 3	Periodically through the Semester	20%
Reflective journal essay, engaging with reading, learning from the lectures and participation in personal counselling sessions in order to identify skills in practice and reflect on the process and outcome of counselling. This is done from both personal and theoretical perspectives.  1,250 words	1 & 3	Week 11	30%
Counselling practical Interview and critique Students demonstrate counselling microskills within an interview framework using intentionality. This is self-critiqued via a reflective paper.  Equivalent to 2250 words (practical - 1500; Critique - 750)	1, 2 & 3	Week 14	50%

## 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

Ivey, A.E, Ivey, M.B. & Zalaquett, C.P (2018). *Intentional interviewing and counselling* (9<sup>th</sup> ed.). Pacific Grove, CA: Brooks/Cole.

Recommended reference list:

Brown, B. (2009). *The gifts of imperfection*. Gotham Books.

Egan, G. (2019). *The skilled helper: a problem-management approach and opportunity-development approach to helping* (11<sup>th</sup> edn). Cengage.

Geldard, D., & Geldard, K. & Yin Foo, R. (2017). *Basic personal counselling*. (8<sup>th</sup> edn.). Australia: Cengage.

McKay, M., Davis, M., & Fanning, P. (2018). *Messages, the communication skills book*. (4<sup>th</sup> edn). Oakland CA: New Harbinger.

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

Nelson-Jones, R. (2013). *Practical counselling and helping skills*. (6<sup>th</sup> edn). UK: SAGE Publications.

Recommended journals:

*Christian Counseling Today*.

*Counseling and Psychotherapy Journal: CPJ*

*Journal of Counseling and Development*

*British Association for Counselling and Research*