

UNIT OUTLINE FOR HSC200.8 COUNSELLING SKILLS

Name of Unit 1 (Unit Code 1)

Counselling Skills (HSC200.8)

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 <i>(incl. academic title)</i>
GradCertCouns, GradDipCouns, MCP	One semester	Introductory	Sam Smith

Core or elective unit

Indicate if the unit is a

- core unit
 elective unit
 other

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	24 / 48 / 96

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

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 to 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 foundational communication skills by introducing counselling techniques in the form of micro skills and a basic counselling framework. The aim is to develop both an understanding of the principles and practical application of these skills. Students will also be introduced to reflexive practice, a methodology that provides a framework for critical evaluation of their skills and the development of ongoing plans for personal and professional growth. This knowledge and personal application has broad application to both counselling and human service provision contexts.

Learning Outcomes for the Unit

Learning outcomes for unit:

1. Assess the efficacy of counselling micro skills to address client issues
2. Appropriately employ counselling skills within a recognised interview framework
3. Reflect on personal counselling practice, demonstrating a high level of self-awareness and the capacity to identify areas for ongoing learning and growth

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>
Reading and Online Quizzes related to building counselling skills and personal counselling practice. (Equivalent to 1000 words)	1, 3	Periodically throughout the semester	15%
Reflective Journal Essay Students are to write an essay that engages with reading, learning from the lectures, and participation in personal counselling sessions. The essay is to demonstrate high levels of personal involvement in counselling sessions, reflection on personal issues, application for professional context, and a plan for ongoing growth and learning. (1,500 words)	1, 3	Week 11	20%
Skills Assessment Counselling skills assessment, applying interpersonal communication skill and counselling micro skills, self-awareness and practice to a client interview. (Equivalent to 1,000 words)	1, 2, 3	Week 8	20%
Counselling Practical Interview and Critique Students are to demonstrate counselling micro skills within an interview framework using advanced levels of intentionality. This is self-critiqued via a reflective paper. Students are to show advanced level of skill evaluation. (Equivalent to 2000 words: practical – 1500, critique - 500)	1, 2, 3	Week 14	45%

* Examples of types of assessment tasks include: assignments; examinations; group projects; online quiz/test; presentations; work-based projects; and reflective journals. Ensure that details of the types of assessment tasks are included such as specific topics, duration/length/word limit of assessment, and any specific formats.

2.1 Prescribed and recommended readings

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

Required Textbook

Ivey, A. E., Ivey, M. B., & Zalaquett, C. (2018). *Intentional interviewing and counseling: Facilitating client development in a multicultural society*. Cengage.

Recommended Reference List

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

Geldard, D., & Geldard, K. (2016). *Basic personal counselling* (8th ed.). Cengage.

Egan, G. (2019). *The skilled helper: A problem-management approach and opportunity-development approach to helping* (11th ed.). Brooks/Cole.

DeVito, J.A. (2018). *The interpersonal communication book*. (15th ed.). Pearson.

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

McKay, M., Davis, M., & Fanning, P. (2018). *Messages, the communication skills book*. (4th ed.). New Harbinger.

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

McLeod, J., & McLeod, J. (2011). *Counselling skills: A practical guide for counsellors and helping professionals* (2nd edn). Open University Press.

McLeod, J., & McLeod, J. (2014). *Personal and professional development for counsellors, psychotherapists and mental health practitioners*. Open University Press.

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.

West, R. & Turner, L. (2018). *Interpersonal communication*. (4nd edn.). SAGE Publishing.

Recommended Journals

Christian Counseling Today

Counseling and Psychotherapy Journal

Journal of Counseling and Development

British Association for Counselling and Research