

HSC201.7 Introduction to Counselling Theories

Name of Unit 1 (Unit Code 1)

Introduction to Counselling Theories (HSC201.7)

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
Bachelor of Counselling	One semester	2 nd Year Level 7	Kathryn Law

Core or elective unit

Indicate if the unit is a

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

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	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: __n/a__ hours per week

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.

Prerequisite: HSC200.5 Counselling Skills

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 examines the history and development of counselling theory and explores five counselling schools of thought: Psychodynamic, Cognitive-Behavioural, Humanistic, Postmodern, and Systemic. It also considers Christian approaches and considers theoretical implications for social and cultural diversity.

The aim is to help students recognise strengths and weaknesses in each approach by examining philosophies, processes, and techniques. The approaches studied are by no means exhaustive but are sufficient to introduce students to developing a personal working philosophy and theoretical framework. Comparisons of the philosophies include their perspectives on human nature, psychopathology and the process of change, and are made with worldview and Biblical foundations learned in previous units.

Learning Outcomes for Unit

Learning outcomes for unit:

1. Discuss five key counselling philosophical schools of thought, including their perspectives on human nature, psychopathology and the process of change.
2. Review counselling theoretical perspectives in light of the theological standpoints, cultural and social diversity, therapist position of power and clinical efficacy.
3. Apply theoretical knowledge through personal application and case specific contexts as a bridge to integrative counselling practice.

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>
Five (5) online quizzes, each assessing understanding of one counselling school of thought Equivalent to 1,250 words	1	Periodically through semester 1, year 2	20%
Three (3) case studies, peer face-to-face discussion or via online discussion forum, involving both written preparation and oral communication. Equivalent to 1,750 words	1, 2 & 3	Periodically throughout semester	40%
Major paper, summarising key components of one counselling theory, its theological, cultural and clinical implications and personal application. 2,000 words	2 & 3	Week 14	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

Corey, G. (2017). *Theory & practice of counseling & psychotherapy* (10th ed.). Brooks/Cole.

Recommended reference list:

Corsini, R.J., & Wedding, D. (2018). *Current Psychotherapies* (11th ed.). Brooks/Cole.

Entwistle, D.N. (2015) *Integrative approaches to psychology and Christianity: an introduction to worldview issues, philosophical foundations, and models of integration* (3rd edn). Cascade Books.

Johnson, E.L. (Ed.). (2010). *Psychology and Christianity: five views* (2nd ed.). InterVarsity Press.

Jones, S.L., & Butman, R.E. (2011). *Modern psychotherapies: A comprehensive Christian appraisal* (2nd ed.). InterVarsity Press.

Jones-Smith, E., (2018). *Culturally diverse counselling: Theory and practice*. SAGE Publications.

McLeod, J. (2019). *An introduction to counselling*. (6th edn). Open University Press.

Prochaska, J.O., & Norcross, J.C. (2018). *Systems of psychotherapy: a transtheoretical analysis* (9th ed.). Oxford University Press.

Sharf, R.F. (2011). *Theories of Psychotherapy & Counseling: Concepts and Cases* (5th ed.). Brooks/Cole.

Recommended journals:

Counseling and Psychotherapy Journal: CPJ

Psychotherapy in Australia