

HSC202.7 Counselling Theories & Practice 1

Name of Unit 1 (Unit Code 1)

Counselling Theories and Practice 1 (HSC202.7)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards (for example, Bachelor, Diploma)	Duration (for example, one semester, full year)	Level (for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)	Unit Coordinator
Bachelor of Counselling	One semester	2 nd Year Level 7	Sam Smith Head of Program or approved adjunct Lecturer

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	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

If **YES**, provide details of the prerequisite or co-requisite requirements below.

Prerequisite – HSC201.7 - Introduction to Counselling Theories

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 provides focused theoretical and skill-based training on three distinct counselling modalities. Application to client issues, strengths and limitations of each approach, and a framework for the counselling process are addressed.

A growing awareness of the student's personal counselling style is fostered, and ethical considerations related to each modality are highlighted.

Learning Outcomes for Unit

Learning outcomes for unit:

1. Analyse key theoretical principles and interventions of a range of counselling modalities to inform clinical practice.
2. Exercise judgement on the efficacy of particular counselling theoretical perspectives and interventions in relation to client issues.
3. Critically reflect on personal counselling practice, demonstrating self-awareness around strengths, preferred approaches to counselling, approach to counselling integration and identifying areas for ongoing learning and support.
4. Demonstrate appropriate and ethical use of counselling interventions and be able to substantiate their use with recourse to theory.

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>
Case study, applying theory and practice of two modalities taught in the intensive to a case study 1,500 words	2	Week 5	35%
Reflective journal, engaging with both pre-reading prior to the intensive and learning from the intensive. 1,500 words	1 & 3	Week 9	25%
Counselling practical assessment and critique, demonstrating counselling interventions from a chosen modality which is self-critiqued. Equivalent to 2,000 words	3 & 4	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.). Cengage Learning.

Plus one of the following:

Simmons, J., & Griffiths, R. (2018). *CBT for beginners* (3rd ed.). London, UK: SAGE.

Greenberg, L. (2017). *Emotion-focused therapy* (revised edition). APA.

Corsini, R.J., & Wedding, D. (2010). *Current Psychotherapies* (9th ed.). Brooks/Cole.

Davidson, R.J., & Begley, S. (2013). *The emotional life of your brain: How its unique patterns affect the way you think, feel, and live - and how you can change them*. Hodder.

Greenberg, L.S. (2015). *Emotion-focused therapy: coaching clients to work through their feelings* (2nd ed.). Washington, DC: American Psychological Association.

Harris, R. (2007). *The happiness trap stop struggling, start living*. Exisle Pub.

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

McLeod, J. (2018). *An introduction to counselling and psychotherapy*. (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 websites:

Emotion-Focused Therapy Clinic - <http://www.emotionfocusedclinic.org/>

Recommended journals:

Christian Counseling Today.

Journal of Psychology and Christianity

Journal of Psychology and Theology

Psychotherapy in Australia