

UNIT OUTLINE FOR HSC202.8 COUNSELLING THEORIES AND PRACTICE

Name of Unit 1 (Unit Code 1)

Counselling Theory and Practice (HSC202.8)

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 (incl. academic title)
GradCertCouns, GradDipCouns, MCP	One semester	Advanced	Sam Smith

Core or elective unit

Indicate if the unit is a

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

Elective for GradCertCouns

Core for GradDipCouns and MCP

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 Example: 10 credit points	Total course credit points Example: 320 credit points
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

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

HSC200.8 Counselling Skills (prerequisite)
HSC201.8 Introduction to Counselling Theory (prerequisite)

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 extends students' knowledge of counselling theory gained in the unit Introduction to Counselling Theories by examining approaches to counselling practice in greater depth. Three counselling approaches representing three broad theoretical developments will be explored. In addition, the movement towards psychotherapy integration will be investigated and the way it informs practice will be analysed. The unit will also focus on the application of these theories to counselling practice and provide opportunity for students to continue develop their counselling skills and processes.

Learning Outcomes for Unit

Learning outcomes for unit:
1. Critically examine the theoretical tenets and practices of two main theories of counselling
2. Evaluate the movement towards psychotherapy integration with a view to how this shapes their counselling practice
3. Plan how to incorporate integrative counselling theory into their approach to practice
4. Apply counselling approaches with attention to skills and processes and reflect on the strengths and limitations of one's practice
5.

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>
Critical Essay 2500 words	1, 2	Week 6	35%
Counselling Application (video demonstration) Equivalent word count: 1000 word	1, 3	Week 10	30%
Reflection Reflection on video demonstration. 2000 words	1, 2, 3, 4	Week 10	35%

* 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

McLeod, J. (2013). *An introduction to counselling* (5th ed.). Open University Press.

Recommended Reference List

Beck, J. S. (2014). *Cognitive behavior therapy: Basics and beyond*. Guilford Press.

Corey, G. (2017). *Theory & practice of counseling & psychotherapy* (10th ed.). Cengage Learning.

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

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

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

Kennerley, H., Kirk, J., & Westbrook, D. (2017). *An introduction to cognitive behaviour therapy: Skills and applications*. Sage Publications.

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.

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

Recommended Journals

Counselling and Psychotherapy Research

Journal of Psychotherapy Integration

Psychotherapy Research