

HSC211.9 Relationship Counselling

Name of Unit 1 (Unit Code 1)
Relationship Counselling (HSC211.9)

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Masters	One semester	Advanced	Noni Potter

1.2 Core or elective unit

Indicate if the unit is a

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

1.3 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	Total course credit points
6	96

1.4 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	7	10

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

1.5 Delivery mode

Tick all applicable delivery modes for the unit:

- Face to face on site
- e-learning (online)
- Intensive (provide details)

See Delivery Modes Policy.

- Block release (provide details)

- Work-integrated learning activity
- Mixed/blended
- Distance/independent learning (untimetabled)
- Full-time
- Part-time
- External
- Fast track (provide details)

- Other (please specify)

1.6 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

1.7 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.

External students will need to record practical demonstrations for assessment.

SECTION 2 – ACADEMIC DETAILS

2.1 Unit Descriptor

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

The central focus of this unit is intimate partner relationships and the counselling frameworks that guide therapeutic interventions in these contexts. The unit explores various approaches to couples counselling informed by contemporary, evidence-based modalities and exposes students to the ethical difficulties, including issues of cultural assumptions, power, and abuse, that impact couples' relationships. Students will be equipped to recognise and respond to indicators of domestic violence, and/or to refer for specialist support when necessary. The unit introduces students to therapeutic considerations when working with couples experiencing physical intimacy challenges. Students will be given opportunities to develop the clinical skills required for couples counselling. Students will be introduced to the theory and practice of select counselling modalities.

2.2 Learning Outcomes for the Unit

Learning outcomes for unit:

- 1) Critically analyse key relationship counselling modalities and the implications for practice in a counselling context.
- 2) Demonstrate the proficient and intentional practical application of relationship counselling modalities in response to the dynamics of partner relationships.
- 3) Critically analyse relationships and formulate a response to indicators of domestic violence in counselling contexts.

Assessment tasks

Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Practical Counselling demonstration 1 Students will conduct a 20–25-minute counselling session with a couple utilising proficient, ethical and theoretically informed application of the Gottman Method of Couples Therapy. Following the session, student will reflect verbally on their counselling practice, identify areas requiring future intervention and suggest appropriate strategies. Equivalent to 1800 words	1 & 2	Week 6	30%
Essay Part a	1 & 3	Week 11	40%

<p>Compare and contrast GMCT and EFCT as relationship counselling modalities and discuss how you would use an integrative approach to assimilate both modalities in practice.</p> <p>Part b</p> <p>Analyse the indicators of domestic violence, and how you would respond if these were present in a counselling context.</p> <p>2,000 words</p>			
<p>Practical Counselling Demonstration 2</p> <p>Students will conduct a 20–25-minute counselling session with a couple, utilising proficient, ethical and theoretically informed application of Emotionally Focussed Couples Therapy.</p> <p>Following the session, student will reflect verbally on their counselling practice, identify areas requiring future intervention and suggest appropriate strategies.</p> <p>Equivalent to 1800 words</p>	1 & 2	Week 13	30%

2.3 Prescribed and recommended readings

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

<p>Required Textbooks</p> <p>Gottman, J. S., & Gottman, J. M. (2015). <i>10 principles for doing effective couples therapy</i>. W. W. Norton & Company.</p> <p>Johnson, S. (2020). <i>The practice of emotionally focused couples therapy: Creating connection</i> (3rd. ed.). Routledge.</p> <p>Recommended Reference List</p> <p>Fileta, D. (2018). <i>Choosing marriage: Why it has to start with me</i>. Harvest House.</p> <p>Glick, P., & Rudman, L. A. (2008). <i>The social psychology of gender: How power and intimacy shape gender relations</i>. Guilford Press.</p> <p>Gottman, J. (1999). <i>The marriage clinic: A scientifically based marital therapy</i>. W. W. Norton.</p> <p>Gottman, J. (2011). <i>The science of trust: Emotional attunement for couples</i>. W. W. Norton.</p> <p>Gottman, J. & Silver, N. (2018). <i>The seven principles for making marriage work</i>. Orion.</p> <p>Gottman, J., Schwartz Gottman, J., Abrams, D., & Abrams, R. C. (2019). <i>Eight dates to keep your relationship happy, thriving and lasting</i>. Penguin UK.</p> <p>Greenberg, L. S. (2015). <i>Emotion-focused therapy: Coaching clients to work through their feelings</i> (2nd ed.). American Psychological Association.</p>

- Greenberg, L., & Goldman, R. N. (2008). *Emotion-focused therapy for couples: The dynamics of emotion, love and power*. American Psychological Association.
- Harris, R. (2023). *ACT with love: Stop struggling, reconcile differences, and strengthen your relationship with acceptance and commitment therapy*. New Harbinger Publications, Inc.
- Johnson, S. M. (2011). *Hold me tight*. Little Brown Book Group.
- Johnson, S. M. (2013) *Love Sense*. Little Brown Spark.
- Johnson, S.M. (2019). *Attachment theory in practice: Emotionally focussed therapy with individuals, couples and families*.
- Knudson-Martin, C., & Rankin Mahoney, A. (Eds.). (2009). *Couples, gender and power: Creating change in intimate relationships*. Springer.
- Knudson-Martin, C., Wells, M.A., & Samman, S.K. (2015). (Eds.) *Socio-Emotional Relationship Therapy: Bridging emotion, societal, context, and couple interaction*. Springer.
- Nagoski, E. (2021). *Come as you are*. Simon & Schuster.
- Pease, B. (2022). *Undoing Privilege. Unearned advantage in a divided world*. Zed books.
- Perel, E. (2017). *Mating in captivity*. Hodder & Stoughton.
- Real, T. (2022). *Us Getting Past You and Me to Build a More Loving Relationship*. Goop Press.
- Scott, S. & Davenport, B. (2018). *Mindful relationship habits*. Createspace Independent Publishers.
- Tatkin, S. (2011). *Wired for love*. New Harbinger.

Recommended Journals and Websites

Australian and New Zealand Journal of Family Therapy
Family Matters: Journal of the Australian Institute of Family Studies
Family Process
Journal of Marital and Family Therapy
The Gottman Institute: <https://www.gottman.com>