

UNIT OUTLINE FOR HSC211.9 RELATIONSHIP COUNSELLING

Name of Unit 1 (Unit Code 1)

Relationship Counselling (HSC211.9)

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>
Master of Counselling Practice	One semester	Advanced	Noni Potter

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	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.

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 challenged to reflect on their own intimate partnerships in light of recent scholarship as well as given opportunities to develop the clinical skills required for couples counselling.

Learning Outcomes for the Unit

Learning outcomes for unit:

- 1) Evaluate personal relational interactions in light of the theoretical principles of relationship counselling
- 2) Plan a counselling intervention that utilises informed critical analysis to assess the dynamics of partner relationships
- 3) Respond to issues couples are facing by recommending strategies that are guided by current approaches to relationship counselling

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 Students will analyse case study provided, formulating a hypothesis and plan for counselling intervention informed by one of the modalities studied. 1,500 words	2, 3	Week 4	25%
Journal and Integrative Summary Reflect and respond to class learning and questions provided on a weekly basis, demonstrating personal application and critical reflection on the student's experience of an intimate partner relationship. A 1,000-word summary for each modality presented integrating learning with theory is to be submitted for assessment. 2,000 words	1, 2	Week 9 & 14	35%
Practical Skills Assessment At the end of each modality teaching segment, conduct a 20-minute counselling session with a couple, demonstrating ethical and theoretically informed application of the specific modality. Equivalent to 2,500 words	2, 3	Weeks 8 & 13	40%

* 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 Textbooks

Gottman, J. S., & Gottman, J. M. (2015). *10 principles for doing effective couples therapy*. W.W. Norton & Company.

Johnson, S. M. (2020). *The practice of emotionally focused couple therapy: Creating connection* (3rd ed.). Routledge.

Recommended Reference List

Kundson-Martin, C., Wells, M. A., & Samman, S. K. (Eds.). (2015). *Socio-emotional relationship therapy: Bridging emotion, societal, context, and couple interaction*. Springer.

Glick, P., & Rudman, L. A. (2021). *The social psychology of gender: How power and intimacy shape gender relations*. Guilford Press.

Gottman, J. (2011). *The science of trust: Emotional attunement for couples*. W. W. Norton.

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

Johnson, S.M. (2011). *Hold me tight*. Little, Brown Book Group.

Johnson, S.M. (2013) *Love Sense*. Little, Brown Spark.

Knudson-Martin, C., Wells, M.A., & Samman, S.K. (2015). (Eds.) *Socio-Emotional Relationship Therapy: Bridging emotion, societal, context, and couple interaction*. Springer.

Tatkin, S. (2011). *Wired for love*. New Harbinger.

Recommended Journals

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