

UNIT OUTLINE FOR HSC217.9 HOPE IN PRACTICE: FACILITATING THERAPEUTIC CHANGE

Name of Unit 1 (Unit Code 1)

Hope in Practice: Facilitating Therapeutic Change (HSC217.9)

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	Professor Denis O'Hara

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 Hope in Practice Framework unit provides a comprehensive examination of a metatheory of counselling and psychotherapy. The approach is integrative and is designed to operationalise common factors that inform therapeutic change. Students will explore key aspects of the change process from a theoretical perspective with a focus on practical application. This framework synthesises research on therapeutic change, highlighting 'what works' in therapy, and equips therapists to integrate elements from a breadth of therapeutic approaches. The unit provides students with a robust theoretical understanding of therapeutic impact and exposes them to a range of counselling skills designed to foster change.

Learning Outcomes for Unit

Learning outcomes for unit:

1. Delineate the substantive theoretical and research base of key elements in the Hope in Practice Framework (HiP)
2. Assess how cogently the HiP Framework incorporates contemporary research on common factors and specific factors of therapeutic change
3. Analyse various psychological change processes (e.g., cognitive, unconscious, emotional, and behavioural) and how they are integrated within the HiP Framework
4. Address issues that emerge in therapeutic contexts by responsibly employing the theory and skills inherent within the HiP Framework
5. Formulate a treatment plan that fosters change through an integration of a breadth of therapeutic approaches in accordance with by the HiP framework

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>
Annotated Bibliography Annotated bibliography of 8 journal articles on psychotherapy evidencing key concepts within the Hope in Practice Framework. 2000 words	1, 2	Week 6	30%
Practical and Reflection Part A: Peer Counselling Practice: <i>A reflection on your experience as a client exploring you identify and sense of self.</i> Part B: Reflection on Practice: Reflection of your role as a counsellor in aiding the client to explore their identity. Equivalent to 2500	1, 2, 3, 4	Week 8	50%
Case Formulation and Treatment Plan From a choice of case studies presented in class during the workshop intensive, select one case study and present a detailed case conceptualisation (formulation) of the case. Equivalent to 1000	1, 3, 4	Week 11	20%

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

O'Hara, D. J. (2013). *Hope in counselling and psychotherapy*. Sage Publications.

Recommended Reference List

Cooper, M., Law, D. (2018). *Working with goals in psychotherapy and counselling*. Oxford, UK: Oxford University Press.

Fonagy, P., & Allison, E. (2014). The role of mentalizing and epistemic trust in the therapeutic relationship. *Psychotherapy, 51*(3), 372–380.

Larsen, D., & Stege, R. (2010a). Hope-focused practices during early psychotherapy sessions: Part I. Implicit approaches. *Journal of Psychotherapy Integration, 20*, 271–292.

Larsen, D., & Stege, R. (2010b). Hope-focused practices during early psychotherapy sessions: Part II. Explicit approaches. *Journal of Psychotherapy Integration, 20*, 293–311.

O'Hara, D. J. & O'Hara, E. F. (2014). The identity of counselling and psychotherapy and the quest for a common metatheory. *Psychotherapy and Counselling Journal of Australia*.

O'Hara, D. J. (2013). *Hope in counselling and psychotherapy*. London: Sage Publications.

Tryon, G.S, Winograd, G. (2011). Goal consensus and collaboration. *Psychotherapy 48*(1), 50-7.

Wampold, B. (2015). How important are the common factors in psychotherapy? An update. *World Psychiatry (14)*3, 270-277. doi: 10.1002/wps.20238

White, M. M. et al., (2015). Using the Assessment for Signal Clients as a feedback tool for reducing treatment failure. *Psychotherapy Research, 25*(6), 724–734. doi: 10.1080/10503307

Recommended Journals

Journal of Psychotherapy Integration

Psychotherapy and Counselling Journal of Australia

Psychotherapy Research

Psychotherapy in Australia