

ISN313 Counselling Theories

Unit Description

In **Counselling Theories**, students will learn to critically examine the theoretical stance and philosophical thoughts underpinning various counselling approaches used in contemporary psychological practice. The unit will analyse critically the dynamic interaction processes within counselling. Students will learn to apply communication skills in the assessment, planning, implementation and evaluation of the counselling process, and critically evaluate key issues associated with counselling theories including psychodynamic, humanistic-existential, behavioural and recent therapies (solution-focused, narrative, positive, mindfulness) as applied to differing client groups (including gender and culture).

Required Textbooks and Readings

Corey (2016) *Theory and Practice of Counselling and Psychotherapy* (10th Ed.). Melbourne, Australia: Cengage.

*Textbooks may be subject to change prior to the start of semester

Administrative Details

Associated higher education awards	Duration	Core or Elective	Level	Unit Coordinator	Other Teaching Staff
Bachelor of Psychology	One semester	Core	Third year, Semester 2	TBA	TBA

Learning Outcomes and Assessments

Learning outcomes for Unit	Assessment tasks		
	Type	When assessed – year, session and week	Weighting (% of total marks for unit)
Critically examine the theoretical stance and philosophical thought underpinning various counseling approaches used in contemporary psychological practice	Exam [60 item multiple choice items and 5 short answer test items]	Year 3, semester 2, week 14	40%
Analyse critically the dynamic interaction processes within counseling	Exam – see above		
Apply communication skills in the assessment, planning, implementation and evaluation of the counseling process	Structured exercises with reflection [total = 1500 words]	Year 3, semester 2, weeks 3, 5, 7, 9 & 11	40%
Demonstrate an awareness of self as a therapeutic tool when engaging in the process of [simulated] counseling	Structured exercises with reflection – see above		

Learning outcomes for Unit	Assessment tasks		
	Type	When assessed – year, session and week	Weighting (% of total marks for unit)
Discuss and critically evaluate key issues associated with counseling including: various theoretical differing approaches (Psychodynamic, humanistic-existential, behavioral and recent therapies [solution-focused, narrative, positive, mindfulness] as applied to differing client groups [including gender and culture],	Tutorial activities (exercises, simulations, classroom discussion with focus on diversity)	Year 3, throughout semester 2	20%

Delivery mode

Face to face on site with E-learning (online) components;

Full-time or Part-time study

Pre-requisites and co-requisites

Pass grade or higher in all Year 1, 2 and year 3, semester 1 units.

Other Resource and Requirements

None.

Unit weighting as a percentage of the year

Unit credit points	Total course credit points
12.5	400

Student workload

No. timetabled hours per week	No. personal study hours per week	Total workload hours per week
4 (1x2 hour lecture; 1x1 hour face-face tutorial and 1x1 hour online activities)	6	10

**Unit outlines may be subject to change. The most up-to-date outlines will be provided to students once the semester commences*