

ISN504 Principles of Psychotherapy and Basic Counselling Skills

Unit Description

Principals of Psychotherapy and Basic Counselling Skills develops student knowledge of the principles of empirically validated psychotherapy treatments, including the awareness of the existing research, and the ability to apply evidence-based practice to their clinical work. Students will develop basic counselling skills and micro-skills through participation in class role plays and practice sessions.

Required Textbooks and Readings

Cormier and Hackney (2012). *Counseling strategies and interventions (8th ed.)*. Boston: Pearson.

Egan, G. (2014). *The skilled helper: A problem-management and opportunity-development approach to helping*. (10th ed.). Pacific Grove, CA: Brooks/Cole.

Additional texts:

Corey, G. (2012). *Theory and practice of counselling and psychotherapy (9th ed.)*. Pacific Grove, CA: Brooks/Cole.

**Textbooks are not finalised and 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
Master of Psychology (Clinical)	One semester	Core	Fifth year, Semester 1	TBA	Marisca Gouws

Learning Outcomes and Assessments

Learning outcomes for Unit	Assessment tasks		
	Type	When assessed – year, session and week	Weighting (% of total marks for unit)
To develop knowledge of the principles of empirically validated psychotherapy treatments, including the awareness of the existing research, and be able to apply evidence-based practice to their clinical work	Essay [1000 words] – reflective analysis of their role play counseling, detailing techniques employed	Year 1, semester 1, week 7	50%
To develop basic counseling skills and micro-skills through participation in class role plays and practice sessions	Essay – see above		
To develop knowledge of the principles of empirically validated psychotherapy treatments, including the awareness of the existing research, and be able to apply evidence-based practice to their clinical work	Lectorial activities [Class exercises: Diagnostic vignettes/Role plays/class presentations]	Year 1, semester 1, week 10	50%
To develop basic counseling skills and micro-skills through participation in class role plays and practice sessions	Tutorial activities – see above	Year 1, throughout semester 1	

Delivery mode

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

Full-time or Part-time study



Pre-requisites and co-requisites

Successful completion of a four-year, APAC accredited, sequence of study in psychology with a H2A average or higher and passing selection interviews and psychometric testing.

Other Resources and Requirements

Clinic Facilities.

Unit weighting as a percentage of the year

Unit credit points	Total course credit points
10	200

Student workload

No. timetabled hours per week	No. personal study hours per week	Total workload hours per week
3 (1x2 hour lecture; 1x1 hour practical)	6	9

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