

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

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

**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
Master of Psychology (Clinical)	One semester	Core	Fifth year, Semester 1	A/Prof Trish Melzer	TBA

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 basic counselling skills and micro-skills through participation in class role plays and practice sessions	Submission of recorded counselling session role play including provision of a reflective analysis of their role play counselling, detailing techniques employed	Year 1, semester 1, Week 12	80%
To develop basic counselling skills and micro-skills through participation in class role plays and practice sessions	Class exercises, role plays, class discussions	Year 1, semester 1 throughout semester	10%
To develop awareness of suicide risk assessment and risk management strategies	On line course completion	Weeks 11 & 12	10%

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
1 x 2 hour lecture	6	8

**Unit outlines may be subject to change.*