

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, clinical interview approaches and mental status examination to a range of psychological presentations through participation in class role plays and practice sessions. Consideration of the cultural and social context of the client will also be explored.

Administrative Details

Associated higher education awards	Duration	Core or Elective	Level
Master of Psychology (Clinical)	One semester	Core	Fifth year, Semester 1

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

Learning Outcomes and Assessments

Learning outcomes for Unit: Upon successful completion of this unit, the student should be able to:	
I.	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
II.	To develop basic counselling skills and micro-skills through participation in class role plays and practice sessions

Overview of Assessment Tasks

Assessment Tasks	Weighting (% of total marks for unit)	Unit Learning Outcomes
Essay [3000 words] – based on one of a selection of intervention-related topics.	60%	I
Submission of recorded counselling session role play demonstrating basic counselling techniques.	Hurdle	II
Lectorial activities [Class exercises: Diagnostic vignettes/Role plays/class presentations]	40%	I, II

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 and passing selection interviews and psychometric testing.

Other Resource and Requirements

None.

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