



The University of Southern Queensland

## Course specification

The current and official versions of the course specifications are available on the web at <http://www.usq.edu.au/coursespecification/current>.  
Please consult the web for updates that may occur during the year.

### Description: Counselling Theory and Practice

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
CDS	3002	87502	1, 2009	ONC	1.00	Springfield

<b>Academic group:</b>	FOART
<b>Academic org:</b>	FOA003
<b>Student contribution band:</b>	1
<b>ASCED code:</b>	090513

### STAFFING

Examiner: Nathan Beel  
Moderator: Ian Richards

### REQUISITES

Pre-requisite: CDS2000 and CDS2002 and PSY1010 and PSY1020 Co-requisite: CDS3001

### RATIONALE

Counsellor education at an advanced level requires a continued examination of issues introduced in previous studies and the development of clear conceptual and theoretical frameworks which underpin professional practice. Thus, this course introduces specific issues of therapeutic counselling and contains an intensive skill development and practice component which links to specific therapies within a designated transtheoretical model. This approach is then embedded in counselling practice.

### SYNOPSIS

The course introduces students to core concepts in counselling and integrates these within a core transtheoretical model of counselling. Advanced counselling skills are introduced and practiced and the integration of conceptual frameworks with theory and micro-skills is facilitated through role play and group work. Students learn about various treatment philosophies and approaches to commonly presenting client issues. This course emphasises both personal and professional self-exploration and development. Students will be required to practice in class and independently in the community.

### OBJECTIVES

On completion of this course students will be able to:

1. demonstrate knowledge and understanding of the theory and practices in relation to a range of counselling issues.
2. demonstrate competence in advanced micro-counselling skills.
3. demonstrate knowledge and understanding of the Client Directed, Outcome Informed counselling model.

4. demonstrate and justify their individual approach to counselling.

## TOPICS

Description	Weighting (%)
1. Counselling issues including: Theory of mental health	10.00
2. Theories of client change	10.00
3. Anxiety, depression and obsessive behaviour	10.00
4. Grief and loss	10.00
5. Self harming and suicide	10.00
6. Abuse including child abuse	10.00
7. Trauma including post traumatic stress disorder	10.00
8. Relationship issues, including couple and family therapy	10.00
9. Addiction including motivational interview	10.00
10. Spirituality	10.00

## TEXT and MATERIALS required to be PURCHASED or ACCESSED

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at <http://bookshop.usq.edu.au> click 'Semester', then enter your 'Course Code' (no spaces).

## REFERENCE MATERIALS

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

## STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Assessments	26.00
Lectures	13.00
Private Study	100.00
Tutorials	26.00

## ASSESSMENT DETAILS

Description	Marks out of	Wtg (%)	Due date
POWER POINT PRESENTATION	100.00	30.00	06 Mar 2009 (see note 1)
ASSIGNMENT 2	100.00	30.00	11 May 2009 (see note 2)
ASSIGNMENT 3	100.00	30.00	01 Jun 2009 (see note 3)
TUTORIAL PARTICIPATION	100.00	10.00	09 Jun 2009 (see note 4)

### NOTES

1. Students will be advised of the due date after the commencement of classes. This assessment is aligned with Objective 1.
2. This assessment is aligned with Objective 2.
3. This assessment is aligned with Objective 3-4.
4. Tutorial participation is graded weekly on evidence of preparation and quality of oral contribution. In order to meet the Objectives, it is strongly recommended that students attend at least 80% of tutorial classes. This assessment is aligned with Objectives 1-4.

## IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:  
It is the student's responsibility to attend and participate appropriately in all activities (such as lectures, tutorials, laboratories and practical work) scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of course-related activities and administration. For this course, normal class attendance consists of one 1 hour lecture and one 2 hour tutorial per week.
- 2 Requirements for students to complete each assessment item satisfactorily:  
To successfully complete an individual assessment item, a student must achieve at least 50% of the marks or a grade of at least C-. This statement must be read in conjunction with Statement 4 below.
- 3 Penalties for late submission of required work:  
If students submit assignments after the due date without extenuating circumstances and without prior approval, then a penalty of a maximum of 5% of the assigned mark may apply for each working day late, up to a maximum of 10 working days, at which time a mark of zero can be recorded for that assignment.
- 4 Requirements for student to be awarded a passing grade in the course:  
To be assured of receiving a passing grade, a student must achieve at least 50% of the total weighted marks available for the course.
- 5 Method used to combine assessment results to attain final grade:  
The final grades for students will be assigned on the basis of the aggregate of the weighted marks obtained for each of the summative assessment items in the course.
- 6 Examination information:  
There is no exam for this course.
- 7 Examination period when Deferred/Supplementary examinations will be held:

Given the details under (6) above, there are no deferred exams for this course. However, if any deferred/makeup work is granted, it would have to be submitted by a date set by the examiner.

8 University Regulations:

Students should read USQ Regulations 5.1 Definitions, 5.6 Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL

<http://www.usq.edu.au/corporateservices/calendar/part5.htm>

## ASSESSMENT NOTES

- 9 (a) The due date for an assignment is the date by which a student must lodge the assignment at the USQ. (b) All Faculty of Arts assignments must be lodged in the submission box at the Fraser Coast Campus no later than 5.00 pm on the due date. (c) In the event that a due date for an assignment falls on a local public holiday in their area, such as a Show holiday, the due date for the assignment will be the next day. Students are to note on the assignment cover the date of the public holiday for the examiner's convenience. (d). Students must retain a copy of each item submitted for assessment. This must be despatched to USQ within 24 hours if requested by the Examiner. (e) In accordance with University's Assignment Extension Policy (Regulation 5.6.1), the examiner of a course may grant an extension of the due date of an assignment in extenuating circumstances such as documented ill-health. (f) Students who have undertaken all of the required assessments in the course but who have failed to meet some of the specified objectives of the course within the normally prescribed time may be awarded the temporary grade: IM (Incomplete-Makeup). An IM grade will only be awarded when, in the opinion of the examiner, a student will be able to achieve the remaining objectives of the course after a period of non-directed personal study. (g) Students who, for medical, family/personal, or employment-related reasons, are unable to complete an assignment or sit for an examination at the scheduled time, may apply to defer an assessment in the course. Such a request must be accompanied by appropriate supporting documentation. One of the following temporary grades may be awarded: IDS (Incomplete - Deferred Examination; IDM (Incomplete Deferred Make-up); IDB (Incomplete - Both Deferred Examination and Deferred Make-up).
- 10 Students can expect that questions in assessment items in this course may draw upon knowledge and skills that they can reasonably be expected to have acquired before enrolling in the course. This includes knowledge contained in pre-requisite courses and appropriate communication, information literacy, analytical, critical thinking, problem solving or numeracy skills. Students who do not possess such knowledge and skills should not expect to achieve the same grades as those students who do possess them.
- 11 **IMPORTANT NOTE: DO NOT PARTICIPATE IN ANY PRACTICAL EXPERIENCE WITHIN CHILDREN UNDER 18 UNLESS YOU POSSESS A CURRENT 'BLUE CARD'.** State law in Queensland requires that ALL adults (including university students, pre-service educators, trainers, vocational teachers, industry educators) working with children under the age of 18 in the state of Queensland\* obtain approval before commencing such work. Many education courses include a practical component (professional experience, project work, research, assessment etc) that may require engagement with children under the age of 18. It is your responsibility to ensure that you possess a current suitability card (Blue Card) before commencing any practical components of this course. For further information see:  
<<http://www.childrencomm.qld.gov.au/employment/bluecard/infomationsheets.html>> \*If you are undertaking practical experience outside the State of Queensland, Australia, you should check local requirements.