



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 Skills for Health Professionals

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
MHN	3110	90237	2, 2009	EXT	1.00	Toowoomba

Academic group:	FOSCI
Academic org:	FOS004
Student contribution band:	National Priority Nursing
ASCED code:	060305

STAFFING

Examiner: Helen Nutter
Moderator: Cath Rogers-Clark

RATIONALE

Most people have contact with nursing professionals when the person is needing assistance or is under stress. Nurses are ideally suited to help people deal with psychosocial difficulties as well as their physical problems because of their responsible person centred roles. This course will focus on the development of micro-counselling skills as well as the use of reflection to promote and self-understanding and lifelong professional development in nursing practice. It is envisaged that nursing students will be able to apply the micro counselling skills learnt to a variety of nurse patient / nurse / staff scenarios.

SYNOPSIS

The content of the course is based on the premise that there are two people in a helping relationship: the nurse and the client. The better understanding nurses have of themselves, the better they are able to help others to work on their personal difficulties. Students will have the opportunity to develop their own self awareness through reflective practice for the purpose of lifelong professional development. Students will also explore a range of theoretical concepts underpinning counselling practice aimed at facilitating micro-skill development in a variety of nursing practise situations.

OBJECTIVES

On successful completion of this course students will be able to:

1. describe the purpose and ethics of counselling in nursing practice (Reflect - Self Aware & Skills, Assignment - Parts A & B);
2. examine the importance of developing reflective skills for self understanding in the development of interpersonal counselling skills (Reflect - Self Aware & Skills, Assignment - Parts A & B);
3. describe the theoretical frameworks that underpin counselling strategies used in nursing practice (Reflect - Self Aware & Skills);
4. develop specific micro- counselling skills (Assignment - Parts A & B);

5. discuss the impact of culture on interpersonal communication (Reflect - Self Aware & Skills, Assignment - Parts A & B).

TOPICS

Description	Weighting (%)
1. Theoretical Perspectives - Pepleau's theory of communication; Behaviourist perspective; Systems theory; Symbolic interactionism; Client centred counseling; The aim and ethics of counseling	25.00
2. Reflective skills for professional development and lifelong learning; Self awareness - The importance of self awareness; Strategies for improving self awareness; Impact of culture on communications	30.00
3. Micro Counseling skills - Attending and cultural context; Listening and cultural context; Empathy, warmth and cultural context - Authenticity and cultural context; Self disclosure and cultural context	45.00

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).

Ivey, A & Ivey, M 2007, *Intentional interviewing & counseling: facilitating client development in a multicultural society*, 6th edn, Brooks/Cole Publishing, Pacific Grove, Australia.

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.

, , *International Journal of Mental Health Nursing*,

Boyd, M 2005, *Psychiatric Nursing: Contemporary Practice*, Lippincott, Philadelphia.

Burdess, N 1998, *The Handbook of Student Skills; for the social sciences and humanities*, 2nd edn, Prentice Hall, New York.

Frisch, N, Frisch, L 2006, *Psychiatric Mental Health Nursing*, Thompson, New York.

Hutchinson, D 2007, *The Essential Counselor: Process, Skills & Techniques*, Lahaska Press, Boston.

Pearson, A, Vaughan, B & Fitzgerald, M 2003, *Nursing Models for Practice*, 3rd edn, Heinemann, London.

Rogers-Clark, C, Martin-McDonald, K & McCarthy, A 2005, *Living with Illness: Psychosocial Challenges for Nursing*, Elsevier, Sydney.

STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Assessments	70.00
Directed Study	50.00
Private Study	45.00

ASSESSMENT DETAILS

Description	Marks out of	Wtg (%)	Due date
REFLT - SELF AWARE & SKILLS	45.00	45.00	28 Sep 2009
ASSIGNMENT - PARTS A & B	55.00	55.00	26 Oct 2009

IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:
There are no attendance requirements for this course. However, it is the students' responsibility 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.
- 2 Requirements for students to complete each assessment item satisfactorily:
To complete each of the assessment items satisfactorily, students must obtain at least 50% of the marks available for each assessment item.
- 3 Penalties for late submission of required work:
If students submit assignments after the due date without (prior) approval of the examiner then a penalty of 5% of the total marks gained by the student for the assignment may apply for each working day late up to ten working days at which time a mark of zero may be recorded. No assignments will be accepted after model answers have been posted.
- 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 weighted aggregate of the marks obtained for each of the summative assessment items in the course.
- 6 Examination information:
There is no examination in this course.
- 7 Examination period when Deferred/Supplementary examinations will be held:
There will be no Deferred or Supplementary examinations in this course.
- 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> or in the current USQ Handbook.

ASSESSMENT NOTES

- 9 The due date for an assignment is the date by which a student must despatch the assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner.
- 10 Students must retain a copy of each item submitted for assessment. If requested, students will be required to provide a copy of assignments submitted for assessment purposes. Such copies should be despatched to USQ within 24 hours of receipt of a request being made.
- 11 The examiner may grant an extension of the due date of an assignment in extenuating circumstances.
- 12 The Faculty will normally only accept assessments that have been written, typed or printed on paper-based media.
- 13 The Faculty will NOT accept submission of assignments by facsimile.
- 14 Students who do not have regular access to postal services or who are otherwise disadvantaged by these regulations may be given special consideration. They should contact the examiner of the course to negotiate such special arrangements.
- 15 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.
- 16 Students who have undertaken all of the required assessments in a course but who have failed to meet some of the specified objectives of a course within the normally prescribed time may be awarded the temporary grade: IM (Incomplete - Make up). 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.
- 17 Students will require access to e-mail and internet access to UConnect for this course.