



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 and Group Work

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
MHN	5130	90238	2, 2009	EXT	1.00	Toowoomba

<b>Academic group:</b>	FOSCI
<b>Academic org:</b>	FOS004
<b>Student contribution band:</b>	National Priority Nursing
<b>ASCED code:</b>	060305

### STAFFING

Examiner: Don Gorman  
Moderator: Cath Rogers-Clark

### REQUISITES

Pre-requisite: Students must be enrolled in Program MMHN.

### RATIONALE

All nurses but especially mental health nurses are called upon to offer counselling and group facilitation to individuals, families and groups.

### SYNOPSIS

This course focuses on counselling, an interpersonal activity which helps the client develop self-understanding, self-awareness and problem solving abilities. This course will use theoretical models for therapeutic relationships as well as using the ANZCMHN Standards of Practice for Mental Health Nursing in Australia as a framework for practice. In this clinical course students will develop advanced skills in interpersonal communication, developing a therapeutic nurse patient relationship, one to one counselling, and group leadership. Effective counsellors must have an understanding and awareness of themselves, therefore developing of self will be an important aspect of this course. Students will also be expected to gain an understanding of the cultural basis of interpersonal communication and an awareness of the need to be open to different styles of communication that can impact on inter-cultural interactions. There is a requirement of 80 hours of preceptored clinical in this course. There is a requirement to attend a one week residential in this course.

### OBJECTIVES

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

1. apply client-centred counselling strategies to clients from across the lifespan and describe the skills involved (Demo - Counselling Skills);

2. identify the importance of self understanding in the counselling relationship and develop a deeper self awareness and self understanding (Demo - Counselling Skills);
3. develop an understanding of the cultural basis of interpersonal communication and apply intercultural communication skills (Demo - Counselling Skills);
4. apply group theory to facilitate the therapeutic group process (Demo - Group Skills);
5. synthesise the above learning, the student's own personal philosophy, life experience and personality into an effective individual counselling style; (Demo - Counselling Skills);
6. demonstrate satisfactory completion of 80 hours of clinical experience as partial fulfilment of Queensland Nursing Council requirements; (80 Hours Clinical Experience);
7. apply the principles of ethical practice in the counselling relationship. (Demo - Counselling Skills).

## TOPICS

	Description	Weighting (%)
1.	The skills of a counsellor: defining counselling; facilitating communication; attending behaviours; phases of the relationship; inter-cultural counselling.	50.00
2.	Working in groups: communication in groups; membership of groups leading/facilitating small groups; evolution of small groups.	50.00

## 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).

Corey, M & Corey, G 2006, *Groups: process and practice*, 7th edn, Brooks/Cole, Australia.

Ivey, A & Ivey, M 2007, *Intentional interviewing and counselling: facilitating client development in a multicultural society*, 6th edn, Thompson Brooks/Cole Publishing, South Melbourne.

## 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.

Adler, R, Rodman, G & Elmhorst, J 1997, *Understanding Human Communication*, 9th edn, Oxford University Press, USA.

Adler, R., Rosenfeld, I., Towne, N., & Proctor II, R 2004, *Interplay: The Process of Interpersonal Communication*, 9th edn, Oxford University Press, Oxford.

Corey, G 2004, *Theory and Practice of Group Counselling*, 6th edn, Brooks/Cole, California.

Egan, G 2002, *The Skilled Helper: A Problem-management and Opportunity Development Approach to Helping*, 7th edn, Brooks/Cole Publishing, Pacific Grove.

- Egan, G 2002, *Exercises in Helping Skills: A Manual to Accompany the Skilled Helper*, 7th edn, Brooks/Cole, Pacific Grove, Ca.
- George, R. & Cristiani, T 1995, *Counselling: Theory and Practice*, 4th edn, Allyn and Bacon, Boston.
- Hargie, O (Ed) 2006, *The Handbook of Communication Skills*, 3rd edn, Routledge, New York.
- McKinlay, A 1993, *Communication in Mental Health Care*, University of Southern Queensland, Toowoomba.  
(Video)
- Minichiello, V., Aroni, R., Timewell, E. & Alexander, L 1995, *In-depth Interviewing: Principles, Techniques, Analysis*, 2nd edn, Longman, Melbourne.
- Nelson-Jones, R 1992, *Human Relating Skills: a practical guide to effective personal relationships*, 3rd edn, Harcourt Brace, Sydney.
- Nelson-Jones, R 2005, *Practical Counselling and Helping Skills: Text and Activities for the Lifeskills Counselling Model*, 5th edn, Holt, Rinehart and Winston, Sydney.
- Nelson-Jones, R 1996, *Training Manual for Lifeskills Helping*, Holt, Rinehart and Winston, Sydney.
- Palmer, S. & McMahon, G 1997, *Handbook of Counselling*, 2nd edn, Routledge, London.
- Scrutton, S 1989, *Counselling for Older People: A Creative Response to Ageing*, Edward Arnold, London.
- Shea, S 1998, *Psychiatric Interviewing: The Art of Understanding*, 2nd edn, WB Saunders, Philadelphia.
- Sieh, A. & Brentin, L 1997, *The Nurse Communicates*, Saunders, Philadelphia.
- Wilkinson, J. & Campbell, E 1997, *Psychology in Counselling and Therapeutic Practice*, Wiley, New York.

## STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Clinical Experience	80.00
Private Study	50.00
Residential Schools	40.00

## ASSESSMENT DETAILS

Description	Marks out of	Wtg (%)	Due date
DEMO - COUNSELLING SKILLS	1.00	50.00	25 Sep 2009
DEMO - GROUP SKILLS	1.00	49.00	25 Sep 2009
80HRS CLINICAL EXPERIENCE	1.00	1.00	02 Nov 2009 (see note 1)

### NOTES

- Further details about Clinical dates will be supplied by the Examiner.

## **IMPORTANT ASSESSMENT INFORMATION**

- 1 Attendance requirements:  
It is the students' responsibility to attend and participate appropriately in all activities (such as residential school) 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.
- 2 Requirements for students to complete each assessment item satisfactorily:  
To complete each of the assignments satisfactorily, students must obtain at least one mark for each assignment. To complete the Clinical Experience satisfactorily, students must complete 80 hours of Clinical Experience as organized by the Nursing Department and obtain a satisfactory standard on the performance evaluation profile thus gaining the 1 mark for Clinical Experience.
- 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% for the course and satisfactorily complete the Clinical Experience.
- 5 Method used to combine assessment results to attain final grade:  
As P is the only passing grade available for this course, all students who are qualified for a passing grade as in Assessment 4 will be given a grade of P. Other students will be given either a Failing grade or an Incomplete grade.
- 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.