



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 Psychology

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
PSY	3050	91100	2, 2009	ONC	1.00	Springfield

<b>Academic group:</b>	FOSCI
<b>Academic org:</b>	FOS005
<b>Student contribution band:</b>	1
<b>ASCED code:</b>	090513

### STAFFING

Examiner: Gavin Beccaria  
Moderator: Andrea Lamont-Mills

### OTHER REQUISITES

Recommended Pre-requisite: PSY2020

### RATIONALE

This course introduces participants to a range of counselling and therapeutic models which guide intervention approaches in effecting behavioural, cognitive and affective change. In addition, participants will examine issues related to the professional practice of counselling.

### SYNOPSIS

This course is designed to introduce the student to the theory and issues involved in counselling. Various models of counselling and behaviour change that constitute the field of counselling psychology will be examined along with an introduction to the major theories and their related techniques and interventions. Students must be able to access USQStudyDesk for participation in discussion groups and for additional study materials.

### OBJECTIVES

On completion of this course students will be able to:

1. demonstrate a critical awareness of models of counselling and therapeutic change (Case Study 2 - Essay, Exam, CMA);
2. demonstrate a basic understanding of the practice of counselling individuals (Case Study 2 - Essay, Exam, CMA);
3. independently search, analyse, and synthesise the literature regarding counselling modalities. The student can recognise gaps in the literature and highlights the need for further development. (Case Study 2 - Essay)
4. demonstrate a basic understanding of the ethical principles and theories underlying the practice of counselling individuals (Case studies 1 & 2, Exam, CMA).

## TOPICS

	Description	Weighting (%)
1.	Part 1: Basic Issues in Counselling Practice 1. Introduction and Overview 2. The Counsellor & Ethical Issues 3. The Essential Skills of Counselling Practice Interviewing & Microskills	15.00
2.	Part 2: Theories and Techniques of Counselling. 4. Analytic Approaches: Psychoanalytic & Adlerian Therapy 5. Existential & Relationship-oriented Approaches Existential, Person-centred and Gestalt Therapies 6. Action Approaches/ Reality & Behavioural Therapies 7. Action Approaches: Cognitive Behaviour Therapy 8. Systems Perspectives - Feminist & Family Therapies 9. Postmodern Approaches - Social Constructionism & Narrative Solution-focused Therapies 10. Interpersonal Psychotherapy	75.00
3.	Part 3: An Integrative Perspective 11. Future Trends and the Efficacy of Therapy	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).

**SPECIAL EQUIPMENT REQUIREMENTS:** Students need regular access to a computer with on-line access and audio taping equipment.

Corey, G 2009, *Theory and practice of counseling and psychotherapy*, 8th edn, Thomson/Brooks/Cole, Australia.

Corey, G 2005, *CD ROM for integrative counselling*, Brooks/Cole, CA.

Neukrug, E 2005, *Counseling Theories in Action*, Wadsworth, CA.

## 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.

, , *American psychologist*,

, , *Journal of counselling psychology*,

, , *Journal of consulting and clinical psychology*,

, , *Counselling psychology quarterly*,

Brammer, LM 2003, *The helping relationship - process and skills*, 8th edn, Allyn & Bacon, Boston.

Brammer, LM, Skostrom, EL & Abrego, P 1989, *Therapeutic psychology: fundamentals of counselling and psychotherapy*, 5th edn, Prentice Hall, Englewood Cliffs.

- Carter, RT (Ed) 2005, *Handbook of racial-cultural psychology and counseling*, John Wiley & Sons, New York, Vol 2.  
 (Electronic Resource/Ebook accessible through USQ's Ebrary. Volume 2: Training and practice)
- Corsini, R.J. & Wedding, D 2008, *Current psychotherapies*, 8th edn, Brooks/Cole-Thomson, Belmont, CA.
- Egan, G 2002, *The skilled helper: a problem management and opportunity development approach to healing*, 7th edn, Brooks/Cole, Belmont, Calif.
- Geldard, D 2005, *Basic personal counseling: a training manual for counsellor*, 5th edn, Prentice Hall, Sydney.
- Gielen, UP, Fish, JM & Draguns, JG 2004, *Handbook of culture, therapy and healing*, Erlbaum, New Jersey.
- Nelson Jones, R 1997, *Lifeskills helping: a textbook of practical counselling and helping skills*, 4th edn, Cassell, Sydney.
- Ohlsen, M, Horne, A & Lawe, C 1988, *Group counseling*, Holt, Rinehart and Winston, New York.
- Pdersen, P 1987, *Handbook of cross-cultural counselling and therapy*, Praeger, New York.
- Sue, DW & Sue, D 2003, *Counselling the culturally different: theory and practice*, 4th edn, John Wiley & Sons, New York.
- Todd, J & Bohart, AC 1994, *Foundations of clinical and counseling psychology*, Harper Collins, New York.

## **STUDENT WORKLOAD REQUIREMENTS**

ACTIVITY	HOURS
Assignments	65.00
Computer Managed Assessment	2.00
Directed Study	30.00
Examinations	2.00
Private Study	55.00
Residential Schools	6.00

## ASSESSMENT DETAILS

Description	Marks out of	Wtg (%)	Due date
500-700 ETHICAL&REFLECT REVIEW	10.00	15.00	17 Aug 2009
CMA 1	20.00	5.00	04 Sep 2009
CMA 2	20.00	5.00	11 Sep 2009
1500 WORD ESSAY	40.00	40.00	05 Oct 2009
CMA 3	20.00	5.00	16 Oct 2009
2HR RESTRICTED EXAM (M/C)	60.00	30.00	END S2 (see note 1)

### NOTES

1. The End of Semester Examination for this course will be a 2 hour exam, consisting of 60 multiple-choice questions.

## IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:  
It is the students' responsibility to participate actively in all classes 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 be assured of a pass in this course, students must attempt all pieces of assessment and must achieve an overall mark of at least 50%.
- 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 available 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 aggregate of the weighted marks obtained for each of the summative assessment items in the course.
- 6 Examination information:  
Candidates are allowed access only to specific materials during a Restricted Examination. The only materials that candidates may use in the restricted examination for this course are: writing materials (non-electronic and free from material which could give the student an unfair advantage in the examination); calculators which cannot hold textual information (students must indicate on their examination paper the make and model of any calculator(s) they use during the examination); Students whose first language is not English may, take an appropriate unmarked non-electronic translation dictionary (but not technical dictionary) into the examination. Dictionaries will be subject to perusal and may be removed from

the candidate's possession until the appropriate disciplinary action is completed if found to contain material that could give the candidate an unfair advantage.

- 7 Examination period when Deferred/Supplementary examinations will be held:  
Any Deferred or Supplementary examinations for this course will be held during the next examination period.
- 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. This must be produced within five days if required by the Examiner.
- 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 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.
- 14 The Faculty will NOT accept submission of assignments by facsimile.
- 15 Students will require access to e-mail and internet access to UConnect and USQStudyDesk for this course. Some of the assessment items must be submitted electronically.