Description: Counselling Skills for Health Professionals

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<th>Subject</th>
<th>Cat-Nbr</th>
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<th>Term</th>
<th>Mode</th>
<th>Units</th>
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Academic Group: FOSCI
Academic Org: FOS004
HECS Band: 1
ASCED Code: 090513

STAFFING
Examiner: Graeme Browne
Moderator: Cathy Rogers-Clark

RATIONALE
Most contact people have with health professionals occurs when the person is under stress. Health professionals, because of their trusted and helping roles, are ideally suited to help people deal with emotional difficulties as well as their physical problems. This course focuses on the development of micro-counseling skills as well as the use of reflection and self-understanding in the process of counseling.

SYNOPSIS
The content of the course is based on the premise that there are two people in a helping relationship: the health professional and the client. The better understanding health professionals have of themselves, the better they are able to help others to work on their personal difficulties. The students will learn the basics of the theoretical concepts which underpin counseling. The focus of this course will be on the two broad areas of self-awareness and development and specific counseling micro-skill development.

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

- describe the purpose and ethics of counselling;
- explain the importance of having a self understanding to the development of interpersonal counselling skills;
- briefly describe the theoretical frameworks that underpin counselling strategies in this course;
- develop specific micro- counselling skills; and
- appreciate the impact of culture on interpersonal communication.
TOPICS

Description Weighting (%)  
1. Theoretical Perspectives - Pepleau's theory of communication - Behaviourist perspective - Systems theory - Symbolic interactionalism - Client centred counseling - The aim and ethics of counseling 30.00  
2. Self awareness - The importance of self awareness - Strategies for improving self awareness - Impact of culture on communications 20.00  
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 and cultural context 50.00

TEXT and MATERIALS required to be PURCHASED or ACCESSSED:

Books can be ordered by fax or telephone. For costs and further details use the 'Book Search' facility at http://bookshop.usq.edu.au by entering the author or title of the text.


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.

Australian and New Zealand Journal of Mental Health Nursing

STUDENT WORKLOAD REQUIREMENTS

ACTIVITY HOURS
Assessment 70
Directed Study 50
Private Study 45
ASSESSMENT DETAILS

<table>
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<tr>
<th>Description</th>
<th>Marks Out of</th>
<th>Wtg(%)</th>
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<tr>
<td>REFLECT - SELF AWARE &amp; SKILLS</td>
<td>30.00</td>
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<td>TAPE OF INTERVIEW</td>
<td>30.00</td>
<td>30.00</td>
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<td>REFLECT - TAPED INTERVIEW</td>
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OTHER REQUIREMENTS

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 maximize their chance of meeting the objectives of the course and to be informed of course-related activities and administration.

2. Minimum Requirements to Pass the Course: To be assured of a pass in this course, students must obtain at least 60% of the marks available for each assessment item.

3. Assignments: The due date for an assignment is the date by which a student must dispatch the assignment to the USQ. The onus is on the student to provide proof of the dispatch date, if requested by the examiner. Students must retain a copy of each item submitted for assessment. This must be produced within five days if required by the examiner. 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. This policy may be found in the USQ Handbook, the Distance Education Student Guide and the Faculty of Sciences' Orientation Handbook for on-campus students. All students are advised to study and follow the guidelines associated with this policy. An assignment, submitted after the due date without an extension approved by the examiner, will attract a penalty of 20 percent of the assigned mark for each day (or part thereof) that the assignment is late.

4. Grading: This course will be graded as P (Pass) or F (Fail).