The University of Southern Queensland

Course Specification

Description: Counselling and Group Work

<table>
<thead>
<tr>
<th>Subject</th>
<th>Cat-Nbr</th>
<th>Class</th>
<th>Term</th>
<th>Mode</th>
<th>Units</th>
<th>Campus</th>
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<tr>
<td>MHN</td>
<td>5130</td>
<td>14486</td>
<td>2, 2002</td>
<td>EXT</td>
<td>1.00</td>
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Academic Group: FOSCI
Academic Org: FOS004
HECS Band: 1
ASCED Code: 060305

STAFFING
Examiner: Donald Gorman
Moderator: Christine Neville

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 unit.

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

- apply client-centred counselling strategies to clients from across the lifespan and describe the skills involved;
- apply Peplau's theory of mental health nursing in counselling and group work;
- identify the importance of self understanding in the counselling relationship and develop a deeper self awareness and self understanding;
• develop an understanding of the cultural basis of interpersonal communication and apply intercultural communication skills;
• apply group theory to facilitate the therapeutic group process;
• synthesise the above learning, the student's own personal philosophy, life experience and personality into an effective individual counselling style;
• demonstrate satisfactory completion of 80 hours of clinical experience as partial fulfilment of Queensland Nursing Council requirements;
• apply the principles of ethical practice in the counselling relationship.

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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</thead>
<tbody>
<tr>
<td>1. The Skills of a counsellor: defining counselling; facilitating</td>
<td>50.00</td>
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<tr>
<td>communication; attending behaviours; phases of the relationship;</td>
<td></td>
</tr>
<tr>
<td>inter-cultural counselling.</td>
<td></td>
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<tr>
<td>2. Working in groups: communication in groups; membership of groups</td>
<td>50.00</td>
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<tr>
<td>leading/facilitating small groups; evolution of small groups;</td>
<td></td>
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</table>

TEXT and MATERIALS required to be PURCHASED or ACCESSED:

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.


McKinlay, A. 1993, *Communication in Mental Health Care (Video)*, University of Southern Queensland, Toowoomba.


**STUDENT WORKLOAD REQUIREMENTS**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
</tr>
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<tbody>
<tr>
<td>Clinical Experience</td>
<td>80</td>
</tr>
<tr>
<td>Private Study</td>
<td>50</td>
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<tr>
<td>Residential Schools</td>
<td>40</td>
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**ASSESSMENT DETAILS**

<table>
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<tr>
<th>Description</th>
<th>Marks Out of</th>
<th>Wtg(%)</th>
<th>Required</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>DEMO - COUNSELLING SKILLS</td>
<td>50.00</td>
<td>50.00</td>
<td>Y</td>
<td>27 Sep 2002</td>
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<tr>
<td>DEMO - GROUP SKILLS</td>
<td>50.00</td>
<td>50.00</td>
<td>Y</td>
<td>27 Sep 2002</td>
</tr>
<tr>
<td>80HRS CLINICAL EXPERIENCE</td>
<td>1.00</td>
<td>0.00</td>
<td>Y</td>
<td>08 Nov 2002</td>
</tr>
</tbody>
</table>
OTHER REQUIREMENTS

1 Attendance Requirements: It is the students' responsibility to participate actively in all activities 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 Assignments: 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. 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.

3 Grading: To obtain a passing grade in this course, students must (a) demonstrate counselling and group skills during the Residential School; and (b) gain the 1 mark for clinical experience by being assessed as having achieved the clinical objectives of the unit by the examiner based on the clinical assessment tools developed by the Department of Nursing for this course. These tools are included in the external package.

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