Description: Counselling and Group Work

<table>
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<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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<td>MHN</td>
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<td>24487</td>
<td>2, 2003</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: Don 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 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:

- 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 communication; attending behaviours; phases of the relationship; inter-cultural counselling.</td>
<td>50.00</td>
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<tr>
<td>2. Working in groups: communication in groups; membership of groups leading/facilitating small groups; evolution of small groups.</td>
<td>50.00</td>
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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>
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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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<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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<tr>
<td>DEMO - COUNSELLING SKILLS</td>
<td>50.00</td>
<td>50.00</td>
<td>Y</td>
<td>26 Sep 2003</td>
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<tr>
<td>DEMO - GROUP SKILLS</td>
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<td>Y</td>
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<tr>
<td>80HRS CLINICAL EXPERIENCE</td>
<td>1.00</td>
<td>0.00</td>
<td>Y</td>
<td>03 Nov 2003</td>
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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
   50% of the marks available 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 then a
   penalty of 20% of the total marks available for the assignment will apply for each
   working day late.

4 Requirements for student to be awarded a passing grade in the course:
   To be assured of a passing grade, students must demonstrate, via the summative
   assessment items, that they have achieved the required minimum standards in
   relation to the objectives of the course by satisfactorily completing all summative
   assessment items (the clinical and assignments).

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/SECARIAT/calendar/Part5/ or in the printed version of 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.