Description: Counselling Psychology

<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>PSY</td>
<td>3050</td>
<td>34456</td>
<td>2, 2004</td>
<td>ONC</td>
<td>1.00</td>
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Academic group: FOSCI
Academic org: FOS005
Student contribution band: 1
ASCED code: 090513

STAFFING
Examiner: Robert Closs
Moderator: Paul Bramston

REQUISITES
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 be provided with the opportunity to closely examine a problem-solving mode which focuses on counselling micro-skills.

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 leading techniques and interventions.

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

1. demonstrate a critical awareness of models of counselling and therapeutic change.
2. demonstrate an understanding of a particular problem management approach to counselling.
3. demonstrate an awareness of some of the personal and professional challenges that affect counsellors.
TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>Introduction and Overview</td>
<td>6.00</td>
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<tr>
<td>Psychodynamic models of therapy and counselling</td>
<td>8.00</td>
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<td>Humanistic models of therapy and counselling</td>
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<tr>
<td>Behavioural and cognitive models of therapy</td>
<td>8.00</td>
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<tr>
<td>Family therapy</td>
<td>8.00</td>
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<tr>
<td>Communication skills for counsellors</td>
<td>8.00</td>
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<tr>
<td>Attending to client's stories</td>
<td>8.00</td>
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<tr>
<td>Developing goals</td>
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<tr>
<td>Facilitating Action</td>
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<tr>
<td>Termination of counselling and relapse prevention</td>
<td>8.00</td>
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<tr>
<td>Crisis counselling and suicide</td>
<td>8.00</td>
</tr>
<tr>
<td>Counselling effectiveness and outcome</td>
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<tr>
<td>Overview</td>
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</table>

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 video taping equipment.


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*,


STUDENT WORKLOAD REQUIREMENTS:

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tbody>
<tr>
<td>Directed Study</td>
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<td>Lectures</td>
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<tr>
<td>Private Study</td>
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<tr>
<td>Test</td>
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<td>Tutorial</td>
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ASSESSMENT DETAILS

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks out of</th>
<th>Wtg(%)</th>
<th>Due date</th>
</tr>
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<tbody>
<tr>
<td>2 HR TEST (M/C &amp; T/F)</td>
<td>25.00</td>
<td>25.00</td>
<td>20 Jul 2004</td>
</tr>
<tr>
<td>1500 WORD ESSAY - A.P.A. STYLE</td>
<td>25.00</td>
<td>25.00</td>
<td>13 Aug 2004</td>
</tr>
<tr>
<td>MANDALA</td>
<td>25.00</td>
<td>25.00</td>
<td>17 Sep 2004</td>
</tr>
<tr>
<td>AUDIO TAPE COUNSELLING SESSION</td>
<td>25.00</td>
<td>25.00</td>
<td>22 Oct 2004</td>
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NOTES:

1. Examination dates will be available during the Semester. Please refer to the examination timetable when published. THIS COURSE IS PASS/FAIL ONLY.
2. 15 minute audio-taped Counselling Session.
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 then a
   penalty of 2% 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 receiving a passing grade a student must achieve at least 50% of
   the available weighted marks for the summative assessment items.

5 Method used to combine assessment results to attain final grade:
   The final grades for students will be assigned on the basis of the student passing
   each of the assessment items with a minimum score of 50%. Grades are awarded
   on a Pass/Fail basis.

6 Examination information:
   In a Closed Examination, candidates are allowed to bring only writing and drawing
   instruments into the examination. NO OTHER BOOKS, INCLUDING
   DICTIONARIES ARE ALLOWED.

7 Examination period when Deferred/Supplementary examinations will be held:
   Any Deferred examinations for this course will be held during the examination
   period at the end of the semester of the next offering of this course. There will be
   no 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. 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 USQConnect for this course.