Description: Counselling Skills for Health Professionals

Subject  Cat-nbr  Class  Term  Mode  Units  Campus
MHN      3110    44389  2, 2005  EXT  1.00  Toowoomba

Academic group: FOSCI
Academic org: FOS004
Student contribution band: National Priority Nursing
ASCED code: 060305

STAFFING
Moderator: Cath 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:

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

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>1. Theoretical Perspectives - Pepleau's theory of communication; Behaviourist perspective; Systems theory; Symbolic interactionalism; Client centred counseling; The aim and ethics of counseling</td>
<td>30.00</td>
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<tr>
<td>2. Self awareness - The importance of self awareness; Strategies for improving self awareness; Impact of culture on communications</td>
<td>20.00</td>
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<tr>
<td>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</td>
<td>50.00</td>
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</tbody>
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### 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).


### 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.

- *International Journal of Mental Health Nursing*,

### STUDENT WORKLOAD REQUIREMENTS

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
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<tbody>
<tr>
<td>Assessment</td>
<td>70.00</td>
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<tr>
<td>Directed Study</td>
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<tr>
<td>Private Study</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>
</thead>
<tbody>
<tr>
<td>REFLT - SELF AWARE &amp; SKILLS</td>
<td>30.00</td>
<td>30.00</td>
<td>16 Sep 2005</td>
</tr>
<tr>
<td>ASSIGNMENT - PARTS A &amp; B</td>
<td>70.00</td>
<td>70.00</td>
<td>28 Oct 2005</td>
</tr>
</tbody>
</table>

IMPORTANT ASSESSMENT INFORMATION

1. Attendance requirements:
   There are no attendance requirements for this course. However, it is the students’ responsibility 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 assessment items satisfactorily, students must obtain at least 50% of the marks available for each assessment item.

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 gained by the student 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 submit all of the summative assessment items and achieve at least 50% of the available weighted marks for those items.

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 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/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. 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.
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 The Faculty will NOT accept submission of assignments by facsimile.

14 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.

15 In the event that a due date for an assignment falls on a local public holiday in their area, such as a Show holiday, the due date for the assignment will be the next day. Students are to note on the assignment cover the date of the public holiday for the Examiner's convenience.

16 Students who have undertaken all of the required assessments in a course but who have failed to meet some of the specified objectives of a course within the normally prescribed time may be awarded the temporary grade: IM (Incomplete - Make up). An IM grade will only be awarded when, in the opinion of the examiner, a student will be able to achieve the remaining objectives of the course after a period of non directed personal study.

17 Students will require access to e-mail and internet access to USQConnect for this course.