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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<td>PSY</td>
<td>3050</td>
<td>44416</td>
<td>2, 2005</td>
<td>EXT</td>
<td>1.00</td>
<td>Toowoomba</td>
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Academic group: FOSCI
Academic org: FOS005
Student contribution band: 1
ASCED code: 090513

STAFFING
Moderator: Tony Machin

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 personal awareness and professional competence when meeting challenges that affect counsellors.

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>1. Introduction and Overview</td>
<td>6.00</td>
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2. Psychodynamic models of therapy and counselling 8.00
3. Humanistic models of therapy and counselling 8.00
4. Behavioural and cognitive models of therapy 8.00
5. Family therapy 8.00
6. Communication skills for counsellors 8.00
7. Attending to client's stories 8.00
8. Developing goals 8.00
9. Facilitating Action 8.00
10. Termination of counselling and relapse prevention 8.00
11. Crisis counselling and suicide 8.00
12. Counselling effectiveness and outcome 8.00
13. Overview 6.00

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 audio 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,
, Journal of Consulting and Clinical Psychology,
STUDENT WORKLOAD REQUIREMENTS

<table>
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<tr>
<th>ACTIVITY</th>
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<tr>
<td>Directed Study</td>
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<tr>
<td>Private Study</td>
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<td>Residential Schools</td>
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<td>Test</td>
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ASSESSMENT DETAILS

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<th>Marks out of</th>
<th>Wtg(%)</th>
<th>Due date</th>
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<tr>
<td>1500WRDESSAY-MODIFIEDAPA STYLE</td>
<td>25.00</td>
<td>25.00</td>
<td>19 Jul 2005</td>
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<tr>
<td>MANDALA</td>
<td>25.00</td>
<td>25.00</td>
<td>19 Jul 2005</td>
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<tr>
<td>AUDIO TAPE COUNSELLING SESSION</td>
<td>25.00</td>
<td>25.00</td>
<td>19 Jul 2005</td>
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<tr>
<td>2 HR OPEN TEST (M/C &amp; T/F)</td>
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<td>25.00</td>
<td>19 Jul 2005</td>
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<tr>
<td></td>
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<td>(see note 1)</td>
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NOTES
1. 15 minute audio-taped Counselling Session.
2. The end of year test can be accessed from the on-line discussion group. It is take-home and designed to be done in small groups during the examination period. You will receive specific instruction from the course examiner on the discussion group.

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:
There is no examination in this course.

7 Examination period when Deferred/Supplementary examinations will be held:
Not applicable.

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.

16 Any deferred test for this course will be held during the testing period at the end of the semester of the next offering of this course. There will be no supplementary tests in this course.