

SUBJECT OUTLINE



Subject Name:

Psychology, Counselling Theory and Practice

Subject Code:

SOCP121

SECTION 1 – GENERAL INFORMATION

Award/s:	Total course credit points:	Level:
Bachelor of Health Science (Naturopathy)	128	1 st Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	1 st Year
Bachelor of Health Science (Musculoskeletal Therapy)	96	3 rd Year
Bachelor of Complementary Medicine	48	2 nd Year

Duration: 1 Semester

Subject Coordinator: Dr Romina Aizpurua (Brisbane campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to face	2 hour lecture	1 hour practical
Intensive	Details:	Summer School - contact hours are delivered over one week Monday to Friday for 8 hour days. Assessments for the Summer School intensive delivery are either completed in class during the intensive, or due to be uploaded Sunday on the week assigned, or completed online during the Summer School period. Group Presentations are completed on the Thursday of the intensive, Role Plays completed on the Friday of the intensive, and the accompanying written reflection due Week 2 of the Summer School period. Quiz is undertaken in Week 3 of the Summer School period.
Full Time		
Part Time		

Pre-requisites: SOCF111

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject focusses on major theories of helping and human development, and encourages students to reflect upon the relevance and suitability of these different therapeutic practices in complementary medicine. In this subject students obtain the tools to become reflective practitioners who can select and apply counselling skills to promote client well-being. All of the content is delivered and embedded within a biopsychosocial model enabling students to contextualize and apply the knowledge within their Complementary Medicine discipline.

Learning Outcomes

1. Identify and apply the key principles, concepts and techniques of the major frameworks of psychotherapy.
2. Select and apply essential counselling skills in preparation for interviewing and treating clients within professional practice.
3. Recognise the importance of reflective practice in identifying individual strengths and areas for improvement in the application of counselling microskills to Complementary Medicine Practice.

4. Identify and explain the impact of developmental, psychological, sociological, cultural, and biological factors in working with clients in Complementary Medicine.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Role Play Part A - Interview (Demonstration of counselling microskills in an interview role play) (10 minutes)	1,2	2-4	5	20%
Role Play Part B - Written Reflection (on personal use of counselling microskills from Role Play) (500 words)	3	2-5	6	10%
Group Presentations (involving Case Formulation using the Bio-psychosocial model – two presentations rostered per designated week) (20-25 minutes)	1,4	1-4	Rostered 7-9	40%
Quiz (Short answer, extended response) (1 hour)	1,2,4	1-11	13	30%
Active participation in this subject is critical to ensure achievement of required outcomes. To achieve this, students will need to attend at least 80% of classes , and provide input into class discussions.				

Prescribed readings:

1. Corey, G. (2017). *Theory and practice of counselling and psychotherapy* (10th ed.). Boston, MA: Brooks Cole Cengage Learning.
2. Summers, J., & Smith, B. (2014). *Communication skills handbook* (4th ed.). Milton, Qld: Wiley & Sons.

Recommended readings:

1. Geldard, D., & Geldard, K. (2016). *Basic personal counselling: A training manual for counsellors* (8th ed.). South Melbourne, Vic: Cengage Learning.
2. Gielen, U. P. (2008). *Principles of multicultural counselling and therapy*. New York, NY: Taylor & Francis. [ebook available]
3. Kail, R.V., & Cavanaugh, J.C. (2015). *Human development: A life-span view* (7th ed.). Belmont, CA: Wadsworth Cengage Learning.
4. McLeod, J. (2013). *An introduction to counselling* (5th ed.). Maidenhead, England: McGraw Hill. [ebook available]
5. Weiten, W. (2013). *Psychology: Themes and variation* (9th ed.). Belmont, CA: Wadsworth Cengage Learning.

Subject Content		
Week	Lecture	Practical
1.	An Introduction to Counselling Theory and Wellness <i>Topics Covered:</i> <ul style="list-style-type: none"> • What is therapy? • The Patient • The Context • The Therapist • The Therapeutic Framework • A Generic Model of Therapy 	Activities are incorporated to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction <ul style="list-style-type: none"> • Group discussion on why it is important to consider the biopsychosocial dimensions of wellness in clinical practice • Introduction to the set text, Corey, G., 2013, Theory and Practice of Counseling and Psychotherapy 10th edition
2.	Counselling and Micro Skills <i>Topics Covered:</i> <ul style="list-style-type: none"> • Counselling microskills • Solution Focused Interviewing techniques 	<ul style="list-style-type: none"> • Apply counselling microskills and interviewing techniques in practical exercises
3.	Psychoanalytic Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • Freud • Historical Background • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	<ul style="list-style-type: none"> • Apply the principles and techniques of Psychoanalytic and Psychodynamic Therapy within skill development activities
4.	Person-Centered Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • Carl Rogers • Historical Background • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	<ul style="list-style-type: none"> • Apply the principles and techniques of Person-Centered Therapy within skill development activities
5.	Role Play Assessments (In Class) Demonstrating an Integrated Approach in Practice <i>Overview:</i> <ul style="list-style-type: none"> • In-class, skills-based assessment, demonstration of counselling microskills and techniques <i>Topics Assessed:</i> <ul style="list-style-type: none"> • Basic Counselling Microskills • Humanistic Therapies • Solution Focused Interviewing Techniques 	<ul style="list-style-type: none"> • Skill based assessment activity (continued)
6.	Existential Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • Victor Frankl, Irvin Yalom • Historical Backgrounds • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques 	<ul style="list-style-type: none"> • Apply the principles and techniques of Existential Therapy within skill development activities

	Treatment Applications	
7.	Transpersonal Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • A. Maslow, Carl Jung, R. Assagioli, S. Grof • Historical Backgrounds • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	<ul style="list-style-type: none"> • Apply the principles and techniques of Transpersonal Therapy within skill development activities Assessment 2 - Group Presentations (1 & 2)
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8. Semester 2 - The break week falls between Weeks 7 and 8.		
8.	Gestalt Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • Frederick Perls, Laura Perls • Historical Backgrounds • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	<ul style="list-style-type: none"> • Apply the principles and techniques of Gestalt Therapy within skill development activities • Assessment 2- Group Presentations (3 & 4)
9.	Behavioural Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • Pavlov, Watson, Skinner • Historical Background • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	<ul style="list-style-type: none"> • Apply the principles and techniques of Behavioral Therapy within skill development activities • Assessment 2 - Group Presentations (5 & 6)
10.	Cognitive Behavioural Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • Albert Ellis • Historical Background • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	<ul style="list-style-type: none"> • Apply the principles and techniques of CBT & REBT within skill development activities
11.	Cognitive Therapy <i>Topics Covered:</i> <ul style="list-style-type: none"> • Aaron Beck • Historical Background • Concept of Personality & Development • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	<ul style="list-style-type: none"> • Apply the principles and techniques of CT within skill development activities
12.	Contemporary Approaches in Psychotherapy <i>Topics Covered:</i>	<ul style="list-style-type: none"> • Apply techniques of Mindfulness-based approaches and ACT within skill development activities

	<ul style="list-style-type: none"> • The Third Wave of Cognitive Therapy • John Kabat-Zinn and Mindfulness • Mindfulness-Based Cognitive Therapy (MBCT) • Acceptance and Commitment Therapy (ACT) • Concept of Wellbeing • Clinical Processes and Therapeutic Techniques Treatment Applications	
13.	Consolidation & Integration <i>Topics Covered:</i> <ul style="list-style-type: none"> • Utilising reflection in practice and skills development • Applying counselling skills in your Natural Medicine Practice 	<ul style="list-style-type: none"> • Apply techniques from previous sessions within skills development activities
14.	Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.	
16-17.	Final Exam Weeks 1 & 2 This subject does not have a final exam.	