



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 (Acupuncture)	128	Core 2 nd Year
Bachelor of Health Science (Naturopathy)	128	Core 1 st Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	Core 1 st Year
Bachelor of Complementary Medicine	48	Core 2 nd Year
Diploma of Health Science	32	Elective 1 st Year
Duration: 1 Semester		
Subject is: Core or Elective as noted	Subject Credit Points: 2	

Student Workload:

No. timetabled hours per week: 3	No. personal study hours per week: 2	Total hours per week: 5
Delivery Mode*:		
<input type="checkbox"/> On campus	<input checked="" type="checkbox"/> Online / Digital	<input type="checkbox"/> Blended
		<input type="checkbox"/> Intensive
Weekly Session^ Format/s – 1 session per week:		
<input checked="" type="checkbox"/> eLearning modules: Lectures: Interactive adaptive online learning modules Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources		
<p>*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.</p> <p>^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.</p>		
Study Pattern:	<input checked="" type="checkbox"/> Full Time	<input checked="" type="checkbox"/> Part Time
Pre-requisites:	SOCF111	
Co-requisites:	Nil	

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject focusses on developing students' knowledge of counselling skills and approaches within complementary medicine practice. Students will explore how to facilitate the initial consultation with the client, to



gather information and build rapport. Students will examine how to analyse clients' cases using the holistic approach to health. With scope of practice, cultural and ethical considerations in mind, students will be presented with the key principles from the major counselling and psychology theories with a focus on humanistic approaches. Psychodynamic, behavioural and, cognitive-behavioural approaches will also be explored.

Learning Outcomes

1. Identify the key figures and principles of the major theoretical frameworks in counselling and psychology.
2. Demonstrate understanding of counselling skills and their role in building rapport and facilitating conversation with the client.
3. Demonstrate the ability to facilitate the initial interview with the client and to make use of the reflective practice in identifying individual strengths and areas for improvement in the application of counselling skills.
4. Describe the relevance of the relationship between the client and the therapist in the complementary medicine practice.
5. Demonstrate an understanding of the holistic approach to case formulation and treatment.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Recorded Interview (demonstration of counselling skills during initial consultation) (10 minutes recording)	2, 3, and 5	1-5	7	30%
Reflection and Case Analysis (personal use of counselling skills during the role play, and analysing client's case from the holistic perspective) (1500 words)	1, 2, 3, 4, 5	1-5	9	30%
Test (multiple choice questions) (60 minutes)	1, 2, and 5	1-12	14	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS



Prescribed Readings:

1. Corey, G. (2017). *Theory and practice of counselling and psychotherapy* (10th ed.). Cengage Learning.

Recommended Readings:

1. Geldard, D., & Geldard, K. (2016). *Basic personal counselling: A training manual for counsellors* (8th ed.). Cengage Learning.
2. Hill, C. E. (2014). *Helping skills: Facilitating exploration, insight, and action*. American Psychological Association.
3. Kail, R.V., & Cavanaugh, J.C. (2015). *Human development: A life-span view* (7th ed.). Wadsworth Cengage Learning.
4. McLeod, J. (2013). *An introduction to counselling* (5th ed.). McGraw Hill.
5. Noble, C., & Day, E. (Eds.). (2016). *Psychotherapy and counselling: Reflections on practice*. Oxford University Press.
6. Sommers-Flanagan, J., & Sommers-Flanagan, R. (2015). *Counseling and psychotherapy theories in context and practice: Skills, strategies, and techniques* (2nd ed). Wiley & Sons
7. Yalom, I. D. (2002). *The gift of therapy: An open letter to a new generation of therapists and their patients*. Harper Collins.

Subject Content		
Week	Lectures	Self-directed Tutorials
1.	Holistic approach to case formulation I: Biopsychosocial model <ul style="list-style-type: none"> ➤ Holistic case formulation: predisposing, perpetuating, precipitating and protective factors ➤ Biopsychosocial factors affecting wellbeing 	<ul style="list-style-type: none"> ➤ Exercise: the importance of holistic understanding of health in clinical practice ➤ Exercise: case formulation
2.	Holistic approach to case formulation II: Lifespan development <ul style="list-style-type: none"> ➤ 'Nature or nurture' discussion ➤ Stages of life according to Freud and Erickson ➤ Developmental tasks: Levinson ➤ Aging populations 	<ul style="list-style-type: none"> ➤ Recognising social expectations and pressures affecting client's wellbeing
3.	Holistic approach to initial consultation: Six dimension of wellness model	<ul style="list-style-type: none"> ➤ Video: Introduction to the role play assignment ➤ Brainstorming questions to use during the initial interview



	<ul style="list-style-type: none"> ➤ Abraham Maslow and the hierarchy of needs ➤ Carl Jung, Roberto Assagioli and the spiritual dimension ➤ Various dimensions of wellness 	<ul style="list-style-type: none"> ➤ Applying six dimensions of wellness model as an assessment tool
4.	Initial consultation: Person-centred approach <ul style="list-style-type: none"> ➤ Carl Rogers ➤ Key concepts of wellbeing, self-actualisation, personal growth ➤ Humanistic skills: empathy, congruency, respect 	<ul style="list-style-type: none"> ➤ Applying humanistic approach when meeting with the client during initial consultation
5.	Initial consultation: Counselling and humanistic skills <ul style="list-style-type: none"> ➤ Conducting an initial consultation ➤ Counselling skills: reflection; open ended, clarifying, and scaling questions; normalization 	<ul style="list-style-type: none"> ➤ Explore and practice counselling skills and interviewing techniques ➤ Reflection on own strengths and areas for further development
6.	Review of the basic counselling and humanistic skills <ul style="list-style-type: none"> ➤ Revision of the basic counselling skills and the listening sequence ➤ Socratic questions ➤ Applying basic counselling skills and interviewing techniques – demonstration 	<ul style="list-style-type: none"> ➤ Explore and practice counselling skills and interviewing techniques ➤ Reflection on own strengths and areas for further development
7.	Values and motivation: Existential approach <ul style="list-style-type: none"> ➤ Victor Frankl and historical background ➤ Key concepts of meaning, purpose, values, freedom, and responsibility ➤ Awareness of death: chronic diseases and terminal patients 	<ul style="list-style-type: none"> ➤ Exercise: Exploring client's personal values during the consultation to enhance client's motivation and engagement
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 & Online students – The non-teaching week falls between Weeks 7 and 8		
8.	Managing obstacles to change: Psychodynamic approach <ul style="list-style-type: none"> ➤ Sigmund Freud 	<ul style="list-style-type: none"> ➤ Techniques helpful in overcoming defence mechanisms ➤ Managing secondary gains



	<ul style="list-style-type: none"> ➤ Key principles: unconsciousness; id, ego, and superego ➤ Defence mechanisms and secondary gains 	
9.	Managing emotions: Gestalt approach <ul style="list-style-type: none"> ➤ Frederick Pearls ➤ Key principles: being here and now; unfinished business; emotional awareness ➤ Focusing on bodily sensations and movements 	<ul style="list-style-type: none"> ➤ Re-focusing conversation on a present moment
10.	Facilitating behavioural change I: Behaviourism <ul style="list-style-type: none"> ➤ Ivan Pavlov, John Watson, B. F. Skinner ➤ Key principles: classical and operant conditioning; learning theories ➤ ABC model and triggers management ➤ Developing new habits 	<ul style="list-style-type: none"> ➤ Interviewing techniques focused on planning behavioural change
11.	Facilitating behavioural change II: Cognitive-behavioural approach <ul style="list-style-type: none"> ➤ Albert Ellis & Aaron Beck ➤ Key principles: automatic thoughts and unhelpful beliefs ➤ ABCDE model and challenging self-defeating beliefs 	<ul style="list-style-type: none"> ➤ Interviewing techniques focused on challenging unhelpful beliefs
12.	Stress reduction: Modern approaches <ul style="list-style-type: none"> ➤ Concept of stress: fight or flight response; definition of Lazarus & Folkman ➤ Mindfulness & relaxation practices ➤ Biofeedback 	<ul style="list-style-type: none"> ➤ Brief mindfulness techniques ➤ Progressive muscle relaxation
13.	Applying the key counselling approaches into complementary medicine <ul style="list-style-type: none"> ➤ Complementary medicine cases analysed from the perspective of 	<ul style="list-style-type: none"> ➤ Reflection on the acquired basic counselling skills and their application to the complementary medicine clinical practice



	<p>the key theoretical frameworks in counselling and psychology</p> <p>➤ Review of the counselling skills relevant from the perspective of the complementary medicine practice</p>	
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
16-17.	<p>Final Examination Weeks 1 & 2</p> <p>There is no final exam for this subject</p>	