

COU108 Counselling Processes and Practice

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

COU108 encapsulates Egan's The Skilled Helper Model in helping clients identify and explore problem situations, identify and explore unused opportunities, set problem-managing and opportunity-developing goals, develop action plans to accomplish these goals, implement plans, and engage in ongoing evaluation of this entire process.

Topics:

- An Overview of the Problem-Management Process
- Stage IA: Help Clients Tell Their Stories
- Stage I: Task IB: The Real Story; Task IC: The Right Story
- Stage II: Designing the Future; Task IIA: Possibilities for a Better Future
- Stage II: Task IIB: Goals, Outcomes, Impact; and Task IIC: Commitment
- Stage III: Planning the Way Forward

Textbooks:

Egan, G.: The Skilled Helper: A Problem Management & Opportunity - Development Approach to Helping, (11th Edition) Cengage
ISBN-13: 9789814875714

Egan, G.: The Skilled Helper: A Problem Management & Opportunity - Development Approach to Helping, (11th Edition) Cengage
ISBN-13: 9789814875714-AA

Learning Outcome:

- Summarise the three stages in Egan's Skilled Helper Model
- Delineate the specific tasks in the three stages of the model
- Articulate the techniques and skills pertinent in the three stages
- Examine the importance of building a therapeutic helping relationship
- Demonstrate the skills used in accomplishing the tasks in the three stages
- Evaluate one's use of techniques and skills in the counselling relationship

Assessment Strategies:

Continuous Assessment Component	Weightage (%)
TUTOR-MARKED ASSIGNMENT	25
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Sub-Total	50

Examinable Component	Weightage (%)
Written Exam	50
Sub-Total	50

Weightage Total **100**