

COU155 Counselling Children

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This is a skill-based course that examines in detail different approaches and relevant strategies in counseling children. Students will be engaged in discussing the development of mental health problems in childhood. The focus is on a proactive approach to counselling children.

Topics:

- Foundational concepts of child counselling
- The process of child therapy
- The child's internal processes of therapeutic change
- Active listening
- Dealing with resistance and transference
- Dealing with self-concept and self-destructive beliefs
- Actively facilitating change
- Termination of counselling
- Selecting the appropriate media or activity
- Building self-esteem
- Social skills training
- Education in protective behaviours

Textbooks:

by Kathryn Geldard and David Deldard.: Counselling Children: A Practical Introduction 5th Edition.
<eBook> SAGE 5 SAGE
ISBN-13: 9781526418678

by Kathryn Geldard and David Deldard.: Counselling Children: A Practical Introduction 5th Edition.
<eBook> SAGE 5 SAGE
ISBN-13: 9781526418678-AA

Learning Outcome:

- Define goals in counselling with children. (B1)
- Discuss the child-counsellor relationship. (B2)
- Describe children's internal processes for therapeutic change. (B2)
- Explain the purpose and nature of play therapy with children. (B2)
- Appraise children's self-concept and self-destructive beliefs. (B4)
- Develop active facilitation skills for change in working with children. (B3)
- Apply play therapy techniques in working with children. (B3)
- Apply strategies in handling resistance, transference and termination. (B3)

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**