

COU157 Counselling Adolescents

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This is a skills-based course that examines in detail different approaches and relevant strategies in counselling adolescents. Students will discuss the nature of adolescents, the development of mental health problems in adolescents and specialised counselling skills in working with teenagers. The focus is on a proactive approach to counselling adolescents.

Topics:

- The nature of adolescence
- Influences of childhood experiences on adolescents development
- Environmental stressors for adolescents
- Factors related to unresolved childhood issues
- Development of mental health problems in adolescents
- Proactive approach to counselling adolescents
- Making counselling relevant to adolescents
- Promoting changes in adolescents
- Symbolic strategies
- Creative strategies
- Behavioural and cognitive strategies
- Psychoeducation strategies

Textbooks:

by Kathryn Geldard and David Deldard.: Counselling Adolescents - The Proactive Approach, 4th Edition SAGE Publications. 4 SAGE
ISBN-13: 9781473943315

by Kathryn Geldard and David Deldard.: Counselling Adolescents - The Proactive Approach, 4th Edition SAGE Publications. 4 SAGE
ISBN-13: 9781473943315-AA

Learning Outcome:

- Define the nature of adolescents(B1)
- Discuss the inferences of childhood experiences on adolescents development (B2)
- Explain what is involved in a proactive approach to counselling adoescents (B2)
- Debate how to make counselling relevant to adolescents (B2)
- Identify nebtal health problems in adolescents (B1)
- Apply specialised counselling skills in working with adolescents (B3)
- Develop a proactive approach to counselling adolescents (B3)
- Illustrate with case studies mental health problems in adolescents and relevant interventions (B3)

Assessment Strategies:

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

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

Weightage Total **100**