

COU204 Theories and Techniques of Counselling 2

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

This course focuses on Choice Theory/Reality Therapy and two Postmodern Counselling Approaches namely, Solution-Focused Therapy and Narrative Therapy Counselling Approaches. This course will explain the main concepts, therapeutic goals, processes and techniques that pertain to the abovementioned three counselling approaches, with an emphasis on Solution-Focused Therapy. In addition, the course will provide an overview of psychotherapy integration, so that students can work towards synthesising their own personal integrative counselling approach.

It is the aim of this course to equip students with the essential knowledge and skills of these three counselling approaches, and to help them apply these knowledge and skills in case formulation and intervention planning. The latter will be employed in hypothetical case scenarios, and in actual cases during the students' practicum later in their degree programme.

Topics:

- Choice Theory/Reality Therapy: Introduction; Main concepts; Therapeutic goals, processes and techniques; Multicultural applications; Strengths and shortcomings
- Overview of Social Constructionism; Introduction to, main concepts and therapeutic goals of Solution-Focused Therapy
- Solution-Focused Therapy: Therapeutic processes and techniques
- Solution-Focused Therapy: Multicultural applications; Strengths and shortcomings; Introduction to, main concepts and therapeutic goals of Narrative Therapy
- Narrative Therapy: Therapeutic processes and techniques
- Narrative Therapy: Multicultural applications; Strengths and shortcomings; An Overview of Psychotherapy Integration

Textbooks:

Warner, R. E. (2013).: Solution-Focused Interviewing. University of Toronto Press.
ISBN-13: 9781442615496

Corey, G.: Theory and Practice of Counselling and Psychotherapy, 10th Edition 10 Cengage
ISBN-13: 9789814773065

Warner, R. E. (2013).: Solution-Focused Interviewing. University of Toronto Press.
ISBN-13: 9781442615496-AA

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ISBN-13: 9789814773065-AA

Learning Outcome:

- Present an overview of Social Constructivism, and how this is being used in the counselling and psychotherapy professions
- Explain the main concepts, therapeutic goals, processes and techniques pertaining to Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Discuss the multicultural applications, strengths and shortcomings of Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Compare and contrast the main concepts, therapeutic goals, processes and techniques pertaining to Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Present an overview of psychotherapy integration
- Develop case formulation skills by using Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Select intervention skills and techniques by using Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy

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**