

COU209 Assessment Methods in Counselling

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

COU 209 Assessment Methods in Counseling is a Level 2 course that focuses on the techniques and various types of assessment strategies used in counselling. This course focuses on assessment information in the helping process and various types of assessment tools (including tests of intelligence, achievement, interests and personality), interpretation and use of assessment results, ethical and social issues, and current developments in assessment for counselling.

It is the aim of this course to equip students with the essential knowledge and skills of the different assessment approaches, and to help them apply these knowledge and skills in case formulation and intervention planning. These skills and knowledge will be applied in hypothetical case scenarios during class discussion and role plays, and also during the practicum attachment as part of the degree programme.

Topics:

- What is assessment?
- Do counsellors need to know about assessment?
- Types of Tools
- Selection of assessment instruments or strategies
- Communicating results
- Understanding psychological reports
- Why is the initial intake Interview important in counselling?
- What is an initial intake interview?
- Change process
- Interviewing techniques
- Other strategies used in the initial assessment
- Assessing special issues and mental status examination
- Models of intelligence
- Individual intelligence testing
- Group intelligence testing
- Issues in intelligence
- What is personality?
- Informal techniques in assessing personality
- Structured inventories
- Projective techniques
- Case conceptualisation and treatment matching
- Goal attainment scale
- Ethical issues

Textbooks:

Whiston, S. C.: Principles & Applications of Assessment in Counseling (eText) 5th edition Cengage
ISBN-13: 9789814839020

Learning Outcome:

- Review why assessment is an integral part of the counselling process, and what counsellors need to know about assessment
- Describe the various tools used in assessing intelligence and personality
- Differentiate between formal and informal methods in assessment with regard to standardised tests and instruments
- Review techniques to conduct initial intake interviews, and state the strengths and limitations of using interviewing as a technique in assessment
- Interpret assessment results for the purpose of case conceptualisation and formulation of intervention plans
- Discuss the legal and ethical issues in assessment
- Examine and discuss the various problems related to assessment in counselling
- Apply the knowledge in assessment to select the appropriate assessment strategies that are case-specific
- Develop skills in selecting the appropriate assessment tools

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**