

## **COU299 Laboratory on Basic Skills in Counselling**

**Level:** 2

**Credit Units:** 10 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY SEMESTER

### **Synopsis:**

This skill-based course is conducted in the Training Laboratory to enable students to learn and practise micro-skills that are essential in counselling encounters. Students will master basic and advanced counselling skills in different phases of the counselling process. Besides micro-skills training in the different phases of the counselling process, students will also learn how to develop the qualities of an effective counsellor in building therapeutic relationships with their clients. They will also learn how to critically evaluate and examine the impact of personal values and beliefs on the counselling process. Students will learn how to provide and receive feedback on counselling interventions. Skills practice that is conducted will take into consideration the multicultural context of Singapore society.

### **Topics:**

- The important ingredients of evidence-based counselling relationships; Values that drive counselling relationships
- Attending behaviour: Attending behaviour in action; Observation skills
- Micro-skills in counselling: Use of questions; Encouraging, paraphrasing and summarising
- Micro-skills in counselling: Reflecting feelings
- The five stages of the micro-skills session: Session using only basic attending and listening skills
- In-class scripted role-play
- In-class scripted role-play
- Advanced counselling skills: Focusing
- Advanced counselling skills: Empathic confrontation
- Advanced counselling skills: Reflection of meaning and interpretation/reframing
- In-class scripted role-play
- In-class scripted role-play
- The use of self-disclosure and feedback in counselling

### **Textbooks:**

Ivey, A.E., Ivey, M.B. & Zalaquett, C.P.: *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society*. (eText) 9th Edition Cengage  
ISBN-13: 9789814834872

Ivey, A.E., Ivey, M.B. & Zalaquett, C.P.: *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society*. (eText) 9th Edition Cengage  
ISBN-13: 9789814834872-AA

**Learning Outcome:**

- Examine the importance of micro-skills in counselling (B4)
- Discuss factors that contribute to building a positive therapeutic alliance with clients (B2)
- Analyse different micro-skills that are appropriate at different stages of counselling (B4)
- Apply communication skills that are helpful in counselling (B3)
- Appraise the impact of poor communication on clients (B4)
- Demonstrate micro-skills and attending behaviours in counselling (B3)
- Develop strategies towards becoming an effective counsellor (B3)
- Examine and evaluate one's own effectiveness in the use of micro-skills in counselling (B4)

**Assessment Strategies:**

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
TUTOR-MARKED ASSIGNMENT	20
TUTOR-MARKED ASSIGNMENT	15
TUTOR-MARKED ASSIGNMENT	15
<b>Sub-Total</b>	<b>50</b>

<b>Examinable Component</b>	<b>Weightage (%)</b>
ECA	50
<b>Sub-Total</b>	<b>50</b>

**Weightage Total** **100**