

COU364 Counselling for Anxiety and Depression

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

In the pre-requisite course COU362 - Understanding Psychological Disorders, two Study Units are devoted to Anxiety Disorders and Mood Disorders (which include depression). They are taught, as the course title suggests, at the understanding and theoretical levels. The focus of COU364 – Counselling for Anxiety and Depression is to equip students with basic skill sets and techniques (specifically Cognitive-Behavioural Therapy - CBT) for low-intensity treatment of anxiety and depression. Besides learning practical ways to apply CBT for anxiety and depression, other strategies employing mindfulness and gratitude will also be discussed.

Topics:

- Therapeutic relationship and interpersonal communication
- Cognitive-Behavioural assessment and session structure
- Problem identification and goal-setting
- Understanding anxiety
- Understanding depression
- Understanding anger, guilt and shame
- New thoughts, action plans and acceptance
- Underlying assumptions and behavioural experiments
- New core beliefs, gratitude and acts of kindness
- Sleep recovery and wellness
- Mindfulness, acceptance and forgiveness
- Maintaining gains and experiencing more happiness

Textbooks:

Hughes, C., Herron, S. & Young, J: CBT for Mild to Moderate Depression and Anxiety 2016 Open University Press
ISBN-13: 9780335242085-AA

Greenberger, D. & Padesky, C.: Mind Over Mood 2015 Open University Press
ISBN-13: 9781462520428

Hughes, C., Herron, S. & Young, J: CBT for Mild to Moderate Depression and Anxiety 2016 Open University Press
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Greenberger, D. & Padesky, C.: Mind Over Mood 2015 Open University Press
ISBN-13: 9781462520428-AA

Learning Outcome:

- Reflect on the significant developments in the study of anxiety and depression over the years
- Discuss the principles, theory and practical aspects of the CBT approach in therapeutic relationship, assessment, problem identification, goal-setting and treatment of anxiety and depression
- Have an understanding of supportive strategies and exercises in treating persons with anxiety and depression
- Practise CBT skills efficaciously with persons suffering from anxiety and depression
- Employ innovative strategies focused on acceptance, forgiveness, happiness and gratitude, with persons suffering from anxiety and depression
- Apply mindfulness exercises to help individuals reduce anxiety and stress, and increase confidence levels

Assessment Strategies:

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

Examinable Component	Weightage (%)
ECA	50
Sub-Total	50

Weightage Total **100**