

COU495 Fundamentals of Counselling

Level: 4

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This module is the second of a series of Foundation courses for the Master of Counselling programme. It is designed to lay a strong foundation in counselor education in both theory and practice at the graduate level. Course content covers an overview of major theories of counselling and examines the role of the counsellor in applying these theories into practice in various settings. Ethical and professional issues in counselling will be examined.

Topics:

- Introduction
- Setting the Personal Context
- Setting the Professional Context
- The Therapeutic Relationship
- Microskills
- Principal Counselling and Psychotherapy Approaches and Skills (Part 1)
- Principal Counselling and Psychotherapy Approaches and Skills (Part 2)
- Humanistic Approaches
- Principal Counselling and Psychotherapy Approaches and Skills (Part 3)
- Principal Counselling and Psychotherapy Approaches and Skills (Part 4)
- Multiculturalism and Diversity in Counselling
- Dealing with Client Presenting Issues

Textbooks:

: Theory and Practice of Counselling and Psychotherapy, 10th Edition, Corey, G (2017). Cengage Learning, Canada (ISBN-13: 9781305263727) Cengage
ISBN-13: 1305263723

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Learning Outcome:

- Identify and demonstrate basic microskills required in counselling
- Compare and contrast different approaches to counselling
- Debate professional and ethical issues in counselling
- Experiment with different counselling approaches to test out the theories
- Examine personal values that influence counselling processes
- Develop self-evaluation skills as a counsellor

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**