

## **COU498 Laboratory on Basic Counselling Skills**

**Level:** 4

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

### **Synopsis:**

This counselling skill-based course to be conducted in the training laboratory and classroom is to enable our students in the Foundation Studies to:

- Acquire the theoretical framework and basic counselling skills in the stages of the counselling process.
- Practise the micro-counselling skills through role-plays and live supervision.
- Develop qualities of an effective counsellor through the training model of the Person-of-the-Therapist (POTT)
- Show cultural sensitivity and adaption within the multicultural context of Singapore.
- Demonstrate the skills needed to provide and receive feedback on counselling skills and interventions.
- Critically examine and evaluate the impact of personal values and beliefs on the counselling process, including ethical issues in counselling.

### **Topics:**

- Introduction to Helping
- An Overview of the Helping Process
- Ethical Issues in Helping
- Self-Awareness
- Cultural Awareness Change Talk in Conversations
- Micro-counselling Skills: Listening and Leading Skills
- The Person-of-the-Therapist: Part 1
- Exploration Stage
- Micro-counselling Skills: Reflecting and Summarising skills
- The Person-of-the-Therapist: Part 2
- Insight Stage
- Micro-counselling skills: Confronting, Interpreting and Informing Skills
- The Person-of-the-Therapist: Part 3
- Action Stage and Integration
- Micro-counselling Skills: Pulling it Altogether
- The Person-of-the-Therapist: Part 4

### **Textbooks:**

: Helping Skills: Facilitating Exploration, Insight, and Action, 4th Edition, Hill, C (2014), American Psychological Association  
ISBN-13: 9781433816789

: Helping Skills: Facilitating Exploration, Insight, and Action, 4th Edition, Hill, C (2014), American Psychological Association  
ISBN-13: 9781433816789-AA

**Learning Outcome:**

- Examine the theoretical framework and importance of micro-counselling skills in the counselling session.
- Discuss factors that contribute to establishing a positive therapeutic relationship and cultural sensitivity of clients.
- Analyse the different micro-counselling skills (e.g. listening, leading, reflecting, summarising, confronting, interpreting and informing skills) that are appropriate at different stages of counselling (e.g. in the exploration, insight and action stages), including the use of self (person-of-the-therapist) in the counselling process.
- Apply communication and counselling skills that facilitate the counselling process.
- Appraise the impact of poor communication and use of micro-counselling skills on clients.
- Demonstrate the competency of using micro-counselling skills, and the person-of-the-therapist in the counselling process.
- Examine and evaluate the impact of personal values and beliefs on the counselling process, including ethical issues in counselling.

**Assessment Strategies:**

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
TUTOR-MARKED ASSIGNMENT	25
TUTOR-MARKED ASSIGNMENT	25
<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**