

COU509 Integrative Approaches to Counselling

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This course discusses the need for integration of the various approaches to counselling, and presents in detail Corey's integrative approach to counselling. The latter illuminates on the cognitive, affective and behavioural dimensions of counselling and based on these arenas, purports an integrative perspective to counselling. Other integrative approaches including Lazarus' Multimodal Therapy, Adlerian Therapy, and Prochaska and Norcross' Transtheoretical Model, will also be discussed.

This course further challenges students to begin developing an integrative perspective to counselling. In view of the expediency to understand and deal with diversity issues in multicultural Singapore, developing an integrative perspective would be efficacious.

Topics:

- The Art of Counselling
- Humanistic model
- Common Factors approach
- Behavioural and Cognitive-Behavioural Therapy (CBT)
- Third wave therapies
- Psychoanalytic and Psychodynamic Therapy
- Constructivist therapies
- Integrative therapies

Textbooks:

Prochaska, J.O. and Norcross, J.C.: Systems of Psychotherapy: A Transtheoretical Analysis. 8th Edition. (Alt. ISBN 9781285175768) Belmont, CA: Brooks/Cole, Cengage Learning.
ISBN-13: 9781133314516

: (Alt ISBN 9781133398751) The Art of Integrative Counseling. 3rd Edition. Corey, G. (2013). USA: Brooks/Cole, Cengage Learning.
ISBN-13: 9780840028631-AA

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Learning Outcome:

- Critique the various approaches to counselling.
- Defend the importance of common factors in counselling.
- Discuss issues involved in client resistance and motivations to change.
- Appraise the humanistic, psychodynamic and cognitive-behavioural elements in counselling.
- Appraise the postmodern counselling approaches.
- Appraise the integrative approaches focus in counselling.
- Construct a personal theory of counselling, based on self-analysis, view of the counsellor's role and integration of various counselling approaches.
- Propose intervention strategies in working with transference and countertransference in counselling.
- Design intervention strategies that work towards decisions and behavioural change.
- Recommend strategies for evaluation and termination.
- Experiment with an integrative approach to counselling in the local context.
- Plan steps in working towards an integrative approach to counselling.

Assessment Strategies:

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

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

Weightage Total **100**