



# PSYU2201

## Counselling Approaches and Principles

Session 1, Weekday attendance, North Ryde 2020

*Department of Psychology*

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## General Information

Unit convenor and teaching staff

Convenor

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By appointment

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Credit points

10

Prerequisites

(PSYC104 or PSYU1104 or PSYX104 or PSYX1104) or (PSYC105 or PSYU1105 or PSYX105 or PSYX1105)

Corequisites

Co-badged status

Unit description

The aim of this unit is to provide an introduction to contemporary approaches to counselling, and to teach basic interviewing skills for use in the workplace. There will be a balanced focus on theory, research and practice throughout the unit. Theoretical frameworks used in counselling will be reviewed, followed by a step-by-step introduction to conducting a counselling interview. Role-plays, demonstrations and case examples will be used to teach basic therapeutic skills. The unit will also involve self-reflective exercises, and will have a focus on ethical and professional practice.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

On successful completion of this unit, you will be able to:

**ULO1:** Show understanding of theories of counselling.

**ULO2:** Articulate methods of interviewing in counselling settings.

**ULO3:** Demonstrate basic interviewing skills around a given problem.

**ULO4:** Show working knowledge around the principles of ethical and professional practice.

**ULO5:** Apply critical thinking and independent learning to solve problems related to counselling in the workplace.

## Assessment Tasks

### Coronavirus (COVID-19) Update

Assessment details are no longer provided here as a result of changes due to the Coronavirus (COVID-19) pandemic.

Students should consult [iLearn](#) for revised unit information.

[Find out more about the Coronavirus \(COVID-19\) and potential impacts on staff and students](#)

## General Assessment Information

All tutorial material is assessable either in the assignment and/or in the final exam.

Attendance at tutorials is compulsory in order to achieve a Pass grade or higher in this unit.

Tutorial participation is essential to the learning outcomes of this unit. Live demonstrations and role-modelling will be used to teach the practical application of the counselling skills covered in this unit. You can only attend the tutorial you are enrolled in and you will not be allowed to attend any other tutorial due to Occupational Health and Safety Policy Laws. Students are expected to be present for the entirety of the tutorial session.

The material covered in tutorials will not be posted on iLearn nor given to students in any form. Thus it is the student's responsibility to attend tutorials and to take notes on the material covered.

If students miss a tutorial, it is University Policy that students MUST make a Request for Special Consideration through <https://ask.mq.edu.au/> with appropriate documentation (e.g., medical certificates etc). To be eligible for Special Consideration, a student must notify the University of a serious and unavoidable disruption no later than five (5) working days of the due date (see University Policy <https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policies/disruption-to-studies> ).

## Delivery and Resources

### Coronavirus (COVID-19) Update

Any references to on-campus delivery below may no longer be relevant due to COVID-19.

Please check here for updated delivery information: [https://ask.mq.edu.au/account/pub/display/unit\\_status](https://ask.mq.edu.au/account/pub/display/unit_status)

## **Lectures**

There will be one 1-hour lecture per week each week of the Session. The lecture will be held on Wednesday 3.00-4.00pm, at 14 Sir Christopher Ondaatje Ave - T3 Theatre.

All lecture material is examinable, including the chapters set for reading from the recommended text.

You will get the most out of this unit by attending lectures in person. My teaching style involves live demonstrations, didactic exercises and points for self-reflection. Some of these exercises will be more difficult to capture on Echo.

Recordings of lectures will be made available via Echo. You can download the lecture recording from the iLearn page for the unit.

## **Tutorials**

There are six 2-hour tutorials associated with this unit. Tutorials are run in one 6 week block from weeks 2-7 only of session.

Set reading will be required prior to each tutorial.

All tutorial material is assessable either in the assignment and/or in the final exam.

Attendance at tutorials is compulsory and essential to the learning outcomes of this unit. Live demonstrations and role-modelling will be used to teach the practical application of the counselling skills covered in this unit. You can only attend the tutorial you are enrolled in and you will not be allowed to attend any other tutorial due to Occupational Health and Safety Policy Laws. Students are expected to be present for the entirety of the tutorial session.

The material covered in tutorials will not be posted on iLearn nor given to students in any form. Thus it is the student's responsibility to attend tutorials and to take notes on the material covered. All tutorial material is examinable.

## **Recommended Text**

The recommended text for this unit is:

Ivey, A.E., Ivey, M.B, & Zalaquett, C.P. (2014). *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society*. (9th Ed.). Boston, USA: Cengage Learning.

Earlier editions of this text are also acceptable. It is recommended that you purchase this text book if you intend on pursuing a career working with people in a counselling or other workplace setting. This is a core textbook which covers foundational counselling and interviewing skills. It is relevant for a range of further psychology units offered at the University, and is a good book to have in your "library".

## **Unit Web Page**

You can access the online materials for this unit via iLearn. Announcements will be available once you have logged in. You can link to lecture recordings from the web page as well as download the overheads for each lecture. There will be an active student Forum.

## Unit Schedule

### Coronavirus (COVID-19) Update

The unit schedule/topics and any references to on-campus delivery below may no longer be relevant due to COVID-19. Please consult [iLearn](#) for latest details, and check here for updated delivery information: [https://ask.mq.edu.au/account/pub/display/unit\\_status](https://ask.mq.edu.au/account/pub/display/unit_status)

The unit schedule is outlined in detail on the iLearn page for PSYU2201.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

Students seeking more policy resources can visit the [Student Policy Gateway](https://students.mq.edu.au/support/study/student-policy-gateway) (<https://students.mq.edu.au/support/study/student-policy-gateway>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>).

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/study/getting-started/student-conduct>

## Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit [ask.mq.edu.au](https://ask.mq.edu.au) or if you are a Global MBA

student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

## Learning Skills

Learning Skills ([mq.edu.au/learningskills](http://mq.edu.au/learningskills)) provides academic writing resources and study strategies to help you improve your marks and take control of your study.

- [Getting help with your assignment](#)
- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

## Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

## Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

If you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/).

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.