



# PSYU3301

## Advanced Counselling Approaches and Principles

Session 2, Special circumstance 2020

*Department of Psychology*

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#### **Disclaimer**

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#### **Notice**

As part of [Phase 3 of our return to campus plan](#), most units will now run tutorials, seminars and other small group learning activities on campus for the second half-year, while keeping an online version available for those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face and online activities for your unit, please go to [timetable viewer](#). To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

## General Information

Unit convenor and teaching staff

Convenor

Carolyn Schniering

[carolyn.schniering@mq.edu.au](mailto:carolyn.schniering@mq.edu.au)

Contact via Email

4FW711

By appointment

Credit points

10

Prerequisites

(130cp at 1000 level or above) including PSYC201 or PSYU2201

Corequisites

10cp from ((PSY336 or PSYU3336 or PSYX3336) or (PSY337 or PSYU3337 or PSYX3337) or (PSY339 or PSYU3339) or (PSY350 or PSYU3350 or PSYX3350) or (ANTH305 or ANTH3005) or (HLTH350 or HLTH3500))

Co-badged status

Unit description

The goals of this unit will be to help students refine their understanding of theory and skills, and to stimulate their ability to reflect on the practice of counselling. The unit will emphasise the ingredients of the effective counselling practitioner, highlighting the overarching importance of the client-therapist relationship within the context of the self of the counsellor. Emphasis will also be placed on diversity and the ethics of effective 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:** Demonstrate advanced questioning skills in a counselling context

**ULO2:** Articulate theoretical constructs related to counselling practice around emotion, empathy and the therapeutic relationship

**ULO3:** Develop self-awareness, and the ability as to how this knowledge would enhance

the therapeutic relationship.

**ULO4:** Show working knowledge on counselling effectiveness with clients from diverse populations including race, ethnicity, age, gender sexuality, disability, and social class

**ULO5:** Apply critical thinking and independent learning to solve ethical dilemmas within a counselling setting

## General Assessment Information

**Attendance at tutorials is compulsory in order to achieve a Pass grade or higher in this unit.** For 2020 tutorials will be conducted using a "hybrid" approach, where some will be online (tutorial attendance via Zoom) and some will be on campus. 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 15 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> ). Please note that the 15 day policy is a temporary change from the usual 5 day policy due to COVID.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Self-reflective essay</a>	25%	No	Week 6
<a href="#">Viva and reflective report</a>	35%	No	Week 8
<a href="#">Final Examination</a>	40%	No	Examination Period

### Self-reflective essay

Assessment Type <sup>1</sup>: Essay

Indicative Time on Task <sup>2</sup>: 30 hours

Due: **Week 6**

Weighting: **25%**

The aim of this 1500 word self-reflective essay is to understand the role of a therapist in the

context of systems theory and how this knowledge might be used to enhance the therapeutic relationship.

On successful completion you will be able to:

- Articulate theoretical constructs related to counselling practice around emotion, empathy and the therapeutic relationship
- Develop self-awareness, and the ability as to how this knowledge would enhance the therapeutic relationship.

## Viva and reflective report

Assessment Type <sup>1</sup>: Viva/oral examination

Indicative Time on Task <sup>2</sup>: 10 hours

Due: **Week 8**

Weighting: **35%**

This assessment involves a 20-minute viva demonstrating advanced questioning skills and a 500 word reflective report.

On successful completion you will be able to:

- Demonstrate advanced questioning skills in a counselling context
- Develop self-awareness, and the ability as to how this knowledge would enhance the therapeutic relationship.

## Final Examination

Assessment Type <sup>1</sup>: Examination

Indicative Time on Task <sup>2</sup>: 48 hours

Due: **Examination Period**

Weighting: **40%**

Final examination held within the University's formal exam period, in accordance with relevant requirements.

On successful completion you will be able to:

- Articulate theoretical constructs related to counselling practice around emotion, empathy

and the therapeutic relationship

- Show working knowledge on counselling effectiveness with clients from diverse populations including race, ethnicity, age, gender sexuality, disability, and social class
- Apply critical thinking and independent learning to solve ethical dilemmas within a counselling setting

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<sup>1</sup> If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the [Writing Centre](#) for academic skills support.

<sup>2</sup> Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

## Delivery and Resources

The unit will be taught using tutorials and readings.

## 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> 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>) 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>

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.

## Changes since First Published

Date	Description
26/07/2020	For the final examination, the exam will be held during the University examination period. The previous version which indicated the exam will be held in week 13 was incorrect.