



# PSYX2201

## Counselling Approaches and Principles

Session 2, Fully online/virtual 2021

*Archive (Pre-2022) - Department of Psychology*

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#### Disclaimer

Macquarie University has taken all reasonable measures to ensure the information in this publication is accurate and up-to-date. However, the information may change or become out-dated as a result of change in University policies, procedures or rules. The University reserves the right to make changes to any information in this publication without notice. Users of this publication are advised to check the website version of this publication [or the relevant faculty or department] before acting on any information in this publication.

#### Session 2 Learning and Teaching Update

The decision has been made to conduct study online for the remainder of Session 2 for all units WITHOUT mandatory on-campus learning activities. Exams for Session 2 will also be online where possible to do so.

This is due to the extension of the lockdown orders and to provide certainty around arrangements for the remainder of Session 2. We hope to return to campus beyond Session 2 as soon as it is safe and appropriate to do so.

Some classes/teaching activities cannot be moved online and must be taught on campus. You should already know if you are in one of these classes/teaching activities and your unit convenor will provide you with more information via iLearn. If you want to confirm, see the list of [units with mandatory on-campus classes/teaching activities](#).

Visit the [MQ COVID-19 information page](#) for more detail.

## General Information

Unit convenor and teaching staff

Convenor

Carolyn Schniering

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

Contact via Email

Psychology Clinic

By appointment

Credit points

10

Prerequisites

(PSYC104 or PSYU1104 or PSYX104 or PSYX1104 PSYU1101 or PSYX1101) or (PSYC105 or PSYU1105 or PSYX105 or PSYX1105 or PSYU1102 or PSYX1102)

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:** Describe and evaluate theories of counselling.

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

**ULO3:** Evaluate and apply basic interviewing skills to relevant contexts, including workplace settings.

**ULO4:** Show working knowledge around the principles of ethical and professional practice, including diversity considerations.

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

## General Assessment Information

Late submissions, without an approved extension, will receive a 5% per day penalty including weekends and public holidays. If you submit the assessment task 10 days or more beyond the due date, you will be awarded a maximum of 50% of the overall assessment marks. No further submissions will be accepted after the marked assignments are returned and feedback is released to students.

All extensions need to be formally requested via [ask.mq.edu.au](http://ask.mq.edu.au) in line with the special consideration policy.

Any requests for remark need to follow the Psychology process and must be applied within 2 weeks of the assessment task being returned. Information will be provided on iLearn.

It is Psychology policy that letter grades, not numeric marks, are released for written assessment tasks.

Students are expected to make themselves available for the exam, at the date and time set by the University, in line with the Assessment Policy and Procedure.

Word count penalty: 5% of the possible mark will be deducted per 100 words over the word limit for the assessment task. An additional 99 words beyond the limit can be written without penalty.

Supplementary assessment tasks will only be provided following an approved Special Consideration application, and only when appropriate. Supplementary assessment tasks, including supplementary exams, can be in a different format to the original assessment task.

Sitting the final exam is compulsory in order to be eligible to pass the unit. Any student who does not attempt the final exam will be granted a Fail Absent grade.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#"><u>Essay</u></a>	30%	No	3/09/21
<a href="#"><u>Viva and written reflection</u></a>	30%	No	1/10/21
<a href="#"><u>Final Examination</u></a>	40%	No	Examination Period

### Essay

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

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

Due: **3/09/21**

Weighting: **30%**

Students are required to critically evaluate a theory and/or problem related to counselling in the workplace.

On successful completion you will be able to:

- Describe and evaluate theories of counselling.
- Articulate methods of interviewing in counselling settings.
- Show working knowledge around the principles of ethical and professional practice, including diversity considerations.
- Apply critical thinking and independent learning to solve problems related to counselling in the workplace.

## Viva and written reflection

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

Indicative Time on Task <sup>2</sup>: 20 hours

Due: **1/10/21**

Weighting: **30%**

Students are required to submit a recorded Viva demonstrating basic interviewing skills and a short written reflection on their performance.

On successful completion you will be able to:

- Articulate methods of interviewing in counselling settings.
- Evaluate and apply basic interviewing skills to relevant contexts, including workplace settings.
- Show working knowledge around the principles of ethical and professional practice, including diversity considerations.

## Final Examination

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

Indicative Time on Task <sup>2</sup>: 35 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:

- Describe and evaluate theories of counselling.
- Articulate methods of interviewing in counselling settings.
- Evaluate and apply basic interviewing skills to relevant contexts, including workplace settings.
- Show working knowledge around the principles of ethical and professional practice, including diversity considerations.
- Apply critical thinking and independent learning to solve problems related to counselling in the workplace.

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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

There will be a 1-hour lecture per week each week of the Session. All lecture material is examinable, including the chapters set for reading from the recommended text. Recordings of lectures will be made available via Echo. You can download the lecture recording from the iLearn page for the unit.

Tutorial/practical material is presented via an online format, where you can work through the material at your own pace. The tutorial program will run from weeks 2-7 (6 sessions in total). Engagement with tutorial content is essential to the learning outcomes of this unit. All tutorial material is assessable either in the assignment and/or in the final exam. Set reading will be required prior to each tutorial.

The recommended text for the tutorial program is: Ivey, A.E., Ivey, M.B., & Zalaquett, C.P. (2017). *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society*. (9th Ed.). Boston, USA: Cengage Learning.

## Unit Schedule

### Week - Topic

- 1 - Introduction
- 2 - Cognitive Behavioural Approaches I
- 3 - Cognitive Behavioural Approaches II
- 4 - Cognitive Behavioural Approaches III
- 5 - Diversity and Resilience in Counselling
- 6 - Mindfulness and Acceptance Approaches I
- 7 - Mindfulness and Acceptance Approaches II
- Recess
- 8 - Process and Emotion Focused Approaches I
- 9 - Process and Emotion Focused Approaches II
- 10 - Case Conceptualisation and Management
- 11 - Principles of Ethical and Professional Practice
- 12 - Revision and Questions
- 13 - Practice Exam

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central \(https://policies.mq.edu.au\)](https://policies.mq.edu.au). 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](#)

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

To find other policies relating to Teaching and Learning, visit [Policy Central \(https://policies.mq.edu.au\)](https://policies.mq.edu.au) and use the [search tool](#).

## Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/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)

Macquarie University, and Psychology undergraduate courses, follow standards-based assessment of student performance. All individual assessment tasks are subject to moderation, consistent with the Assessment Policy and Procedure. A student's final mark for this unit, and associated grade, must reflect their attainment of the unit learning outcomes, and isn't necessarily a simple summation of their individual assessment items.

### OUA POLICIES

For information and administrative processes specific to OUA studies, please see this website: <https://students.mq.edu.au/study/faculties/open-universities-australia>

## 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](https://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](https://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.