



# PSYO8904

## Counselling and Mental Health in Organisations

Session 1, In person-scheduled-intensive, North Ryde 2022

*School of Psychological Sciences*

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#### Disclaimer

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## General Information

Unit convenor and teaching staff

Unit co-ordinator

Monique Crane

[monique.crane@mq.edu.au](mailto:monique.crane@mq.edu.au)

Rm 2.366, Australian Hearing Hub, Level 2, North Wing

By appointment

Credit points

10

Prerequisites

Admission to MOrgPsych

Corequisites

Co-badged status

Unit description

Organisations are increasingly becoming involved in the mental health and wellbeing of employees. It is likely that this is a consequence of two central factors: (1) community pressure for organisations to take greater responsibility for employee mental health (as is the case for physical health), and (2) ensuring performance in a competitive commercial climate. Thus, organisational psychologist may find the requirement to blend their knowledge of organisational behaviour with knowledge of mental health as it relates to the workplace. This unit aims to provide Masters students in Organisational psychology with a basic understanding of counselling techniques, suicide-risk assessment, common psychopathology and intervention strategies and their relevance to practice within organisations.

## 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 a working knowledge of theories and models of workplace stress.

**ULO2:** Develop a structured interviewing protocol.

**ULO3:** Formulate hypotheses about organisational problems relating to employee mental health.

**ULO4:** Demonstrate knowledge of psychopathology and classification systems through selection and application of diagnostic tools.

**ULO5:** Design psychological interventions using the appropriate theories and models.

**ULO6:** Demonstrate an appreciation of legal, professional, sexual and cultural issues in the workplace.

## General Assessment Information

*Late submissions, without an approved extension, will receive a 5% per day penalty including weekends and public holidays. No late submissions will be accepted more than 5 days after the submission deadline, unless special consideration has been granted.*

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Interview Schedule</a>	50%	No	19/03/2022, 12am
<a href="#">Treatment plan</a>	50%	No	30/04/2022, 12am

### Interview Schedule

Assessment Type <sup>1</sup>: Practice-based task

Indicative Time on Task <sup>2</sup>: 44 hours

Due: **19/03/2022, 12am**

Weighting: **50%**

Development of an interview protocol for case formulation of a workplace well-being problem  
2000 words

On successful completion you will be able to:

- Demonstrate a working knowledge of theories and models of workplace stress.
- Develop a structured interviewing protocol.
- Demonstrate knowledge of psychopathology and classification systems through selection and application of diagnostic tools.
- Design psychological interventions using the appropriate theories and models.
- Demonstrate an appreciation of legal, professional, sexual and cultural issues in the workplace.

### Treatment plan

Assessment Type <sup>1</sup>: Case study/analysis

Indicative Time on Task <sup>2</sup>: 44 hours

Due: **30/04/2022, 12am**

Weighting: **50%**

Produce a 10 session treatment plan for the client displayed in the vignette – up to 2000 words

On successful completion you will be able to:

- Formulate hypotheses about organisational problems relating to employee mental health.
- Demonstrate knowledge of psychopathology and classification systems through selection and application of diagnostic tools.
- Design psychological interventions using the appropriate theories and models.
- Demonstrate an appreciation of legal, professional, sexual and cultural issues 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

This unit will involve: online lectures, online activities, weekly reading and face-to-face workshops

## 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](#)
- [Assessment Procedure](#)
- [Complaints Resolution Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies \(https://students.mq.edu.au/su\)](https://students.mq.edu.au/su)

[upport/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>) 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](mailto:ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

## Student Support

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

## The Writing Centre

[The Writing Centre](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Workshops](#)
- [Chat with a WriteWISE peer writing leader](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the 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

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault
- [Social support including information about finances, tenancy and legal issues](#)

## Student Enquiries

Got a question? Ask us via [AskMQ](#), or contact [Service Connect](#).

## 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.