

Course Outline

Code: COU101

Title: Theories of Counselling: From Freud to Integrative Practice

School: Social Sciences
Teaching Session: Semester 2
Year: 2020
Course Coordinator: Dr Justine Campbell – jcampbe5@usc.edu.au
Course Moderator: Dr Marcus Bussey- mbussey@usc.edu.au

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1 Description

This foundational course introduces an overview of the development of the major psychotherapeutic theories available to contemporary counsellors. Each major theoretical approach is examined in terms of its concepts and applications to counselling. For each approach the historical context, theoretical basis, basic concepts of human development, the therapeutic process, and its research directions will be introduced. Case studies will be analysed to facilitate application of theory to practice.

1.2 Field trips, WIL placements or activities required by professional accreditation

Activity	Details
Nil	Nil

2. What level is this course?

100 level Introductory - Discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Normally associated with the first full-time year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

Specific Learning Outcomes	Assessment tasks	Graduate Qualities or Professional Standards mapping
On successful completion of this course, you should be able to:	You will be assessed on the learning outcomes in task/s:	Completing these tasks successfully will contribute to:
Apply your knowledge of theory to a particular case study.	1	Empowered
Distinguish between analytic, affective, behavioural and cognitive theories and	1, 2, 3	Knowledgeable Creative and critical thinkers-

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Specific Learning Outcomes On successful completion of this course, you should be able to:	Assessment tasks You will be assessed on the learning outcomes in task/s:	Graduate Qualities or Professional Standards mapping Completing these tasks successfully will contribute to:
systems, and demonstrate an understanding of the historical context and theory of human development.		
Engage with the process of self-reflection and know which of your own values supports or hinders the process of counselling.	1, 3	Ethical Empowered
Articulate an awareness of the ethical and cultural basis of the studied theories and the implications for counselling diverse populations.	1, 2, 3	Creative and critical thinkers Empowered

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1 Enrolment restrictions

Nil

5.2 Pre-requisites

Nil

5.3 Co-requisites

Nil

5.4 Anti-requisites

Nil

5.5 Specific assumed prior knowledge and skills (where applicable)

Nil

6. How am I going to be assessed?

6.1 Grading scale

Standard – High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL)

6.2 Details of early feedback on progress

Reflection and review of all content is encouraged in weekly interactive tutorials, and feedback will be given in class.

6.3 Assessment tasks

Task No.	Assessment Product	Individual or Group	Weighting %	What is the duration / length?	When should I submit?	Where should I submit it?
1	Case Study	Individual	35%	1500 words	Week 8	Online Assignment Submission
2	Quiz/zes	Individual	30%	30 questions	Week 11	Quiz (Online Test)
3	Essay	Individual	35%	2000 words	Week 14	Online Assignment Submission
			100%			

Assessment 1: Theoretical Case Study

Goal:	To demonstrate critical understanding of a theoretical approach to counselling and its application to a case study.
Product:	Case Study
Format:	You will produce a fully referenced essay demonstrating your understanding of a particular chosen therapeutic approach, through application of the theory and methods to a particular case study. You will select from approaches studied in this course during weeks 2 to 6. See Blackboard for details.
Criteria:	<p>The task will be assessed according to the following criteria:</p> <ul style="list-style-type: none"> • Content: an appropriate level of material is presented in a coherent manner, including a summary of the approach • The theory is applied appropriately to the case study - case study format will be supplied • Clarity of written expression: appropriate academic writing style • Minimum of 6 references (excluding textbook)– using APA6

Assessment Task 2: Online Test

Goal:	To demonstrate knowledge of the major theories and techniques of counselling.
Product:	Quiz/zes
Format:	Individual, open book exam 30 questions worth 1 mark each
Criteria:	Correctness and accuracy of answers Demonstration of understanding of counselling theories

Assessment Task 3: Reflective Essay

Goal:	To develop critical and reflective thinking on activities and material presented in Weeks 2-11 of lectures and tutorials, and to acquire self-awareness and personal growth necessary for the counselling professional.
Product:	Essay
Format:	You will provide an individual summary of your weekly reflections from Weeks 2 – 12. The summary essay should be written in the first person and will follow essay conventions including APA6 referencing and format. See Blackboard for details.
Criteria:	<p>The summary essay will be assessed on:</p> <ul style="list-style-type: none"> • content that is relevant, analytical and reflective, providing evidence of personal learning • clear links between counselling theory, research and potential client outcomes • quality of expression and accurate APA6 format and referencing style

7. Directed study hours

The directed study hours listed here are a portion of the workload for this course. A 12unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

Location: Specific Campus(es) or online:	Directed study hours for location:
Sippy Downs	Lecture: 1 hour per week; Tutorial: 2 hours per week
USC Fraser Coast	Lecture: 1 hour per week; Tutorial: 2 hours per week
USC Gympie	Lecture: 1 hour per week; Tutorial: 2 hours per week

8. What resources do I need to undertake this course?

Please note that course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site. Please log in as soon as possible.

8.1 Prescribed text(s) or course reader

Information regarding prescribed texts or other associated resources will be made available on the BlackBoard site prior to commencement of study

8.2 Specific requirements

Nil

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low.

It is your responsibility as a student to review course material, search online, discuss with lecturers and peers, and understand the health and safety risks associated with your specific course of study. It is also your responsibility to familiarise yourself with the University's general health and safety principles by reviewing the [online Health Safety and Wellbeing training module for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1 Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text

comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2 Assessment: Additional requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- a) The final mark is in the percentage range 47% to 49.4%
- b) The course is graded using the Standard Grading scale
- c) You have not failed an assessment task in the course due to academic misconduct

10.3 Assessment: Submission penalties

Late submission of assessment tasks will be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day
- 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task.

Weekdays and weekends are included in the calculation of days late.

To request an extension, you must contact your Course Coordinator and supply the required documentation to negotiate an outcome.

10.4 Study help

In the first instance, you should contact your tutor, then the Course Coordinator. Additional assistance is provided to all students through Academic Skills Advisers. To book an appointment or find a drop-in session go to [Student Hub](#).

Contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au

10.5 Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website:

<http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.6 General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** – Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie.
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au