

Subject Description Form

Subject Code	APSS486																	
Subject Title	Counselling Psychology: Understanding and Helping Each Other																	
Credit Value	3																	
Level	4																	
Pre-requisite / Co-requisite/ Exclusion	<u>Pre-requisite:</u> APSS111/APSS107/APSS222 Introduction to Psychology																	
Assessment Methods	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">100% Continuous Assessment</th> <th style="width: 25%;">Individual Assessment</th> <th style="width: 25%;">Group Assessment</th> </tr> </thead> <tbody> <tr> <td>1. Quiz (x2)</td> <td style="text-align: center;">40%</td> <td style="text-align: center;">--</td> </tr> <tr> <td>2. Individual term paper</td> <td style="text-align: center;">40%</td> <td style="text-align: center;">--</td> </tr> <tr> <td>3. Counselling skills performance</td> <td style="text-align: center;">20%</td> <td style="text-align: center;">--</td> </tr> <tr> <td>0% Examination</td> <td style="text-align: center;">--</td> <td style="text-align: center;">--</td> </tr> </tbody> </table>			100% Continuous Assessment	Individual Assessment	Group Assessment	1. Quiz (x2)	40%	--	2. Individual term paper	40%	--	3. Counselling skills performance	20%	--	0% Examination	--	--
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Objectives	<p>This subject covers what counseling is as a discipline in psychology and as a basic tool for helping relationships. The students can assess the relevance of principles, techniques and theories of counseling, with an emphasis on applying psychological knowledge to the work of different settings. The subject is aimed at implanting in students an interest and insight in counseling psychology through providing essential training in counseling skills for working with people of different needs and problems. The subject also provides an opportunity for students to evaluate the applicability of using various counseling theories and approaches in the Chinese cultural context.</p>																	
Intended Learning Outcomes	<p>Upon completion of the subject, the students will be able to:</p> <ol style="list-style-type: none"> a. acquire an overview of the nature, theoretical and empirical knowledge of counseling psychology and its relation to psychotherapy; b. develop and apply counseling skills built on psychological knowledge in working with people of different needs and problems; c. identify the local and global trends and developments in counseling psychology; and 																	

	d. evaluate the applicability of using various counseling theories and approaches in the Chinese cultural context.																																																				
Subject Synopsis/ Indicative Syllabus	<ol style="list-style-type: none"> 1. Theoretical Considerations <ol style="list-style-type: none"> 1.1 Understanding the nature of counselling psychology as a discipline of academic study 1.2 Definitions, perspectives and difficulties 2. The counselling skills and helping relationship <ol style="list-style-type: none"> 2.1 Establishing rapport and trust for relationship building 2.2 Problem exploration skills 2.3 Contracting skills and goal setting 2.4 Intervening skills and implementation 2.5 Termination and evaluation skills 3. An overview of major therapeutic approaches <ol style="list-style-type: none"> 3.1 The Psychoanalytic approach 3.2 The Cognitive and behavioural approaches 3.3 The Humanistic/Existential approaches 3.4 The Family/Interactive/Systemic approaches 																																																				
Teaching/Learning Methodology	Theories, concepts and factual knowledge will be delivered through lectures. Reflection and exploration of controversial issues (i.e., ethics, qualities of effective counselors, etc...) related to theories and practice will be facilitated through seminar activities (case discussion, debate, role plays, etc.). Acquisition of skills will be processed through laboratory exercises (counseling role plays).																																																				
Assessment Methods in Alignment with Intended Learning Outcomes	<table border="1"> <thead> <tr> <th rowspan="2">Specific assessment methods/tasks</th> <th rowspan="2">% weighting</th> <th colspan="6">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th> </tr> <tr> <th>a</th> <th>b</th> <th>c</th> <th>d</th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td>1. Quiz (x2)</td> <td>40%</td> <td>✓</td> <td>✓</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>2. Individual term paper</td> <td>40%</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td></td> </tr> <tr> <td>3. Counselling skills performance</td> <td>20%</td> <td></td> <td>✓</td> <td></td> <td>✓</td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td>100 %</td> <td colspan="6"></td> </tr> </tbody> </table>							Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)						a	b	c	d			1. Quiz (x2)	40%	✓	✓					2. Individual term paper	40%	✓	✓	✓	✓			3. Counselling skills performance	20%		✓		✓			Total	100 %						
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	<ul style="list-style-type: none"> • The grade is calculated according to the percentage assigned; • The completion and submission of all component assignments are required for passing the subject; and • Students must receive an overall pass grade when all components are combined in order to pass the subject. <p>Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes:</p> <p>Students have the opportunity through the different assessment components to fully explore a wide range of basic theories, concepts and skills in counseling psychology. The two quizzes serve as a means to motivate students to grasp the basic theories and concepts early in the course. The individual paper encourages students to apply their knowledge and skills to a real case and demonstrate how they would practically help an individual work through psychological difficulties and also to identify their personal approach to counseling. Finally, students are also required to engage in role play situations to demonstrate their practical understanding and integration of the skills taught in class.</p>	
Student Study Effort Expected	Class contact:	
	▪ Lecture	27 Hrs.
	▪ Seminar	12 Hrs.
	Other student study effort:	
	▪ Quizzes	25 Hrs.
	▪ Individual Term Paper	28 Hrs.
	▪ Counseling Skills Performance	10 Hrs.
	Total student study effort	105 Hrs.
Reading List and References	<p><u>Essential</u></p> <p>Corey, G. (2017). <i>Theory and practice of counselling and psychotherapy</i> (10th ed.).</p> <p>Neukrug, E.S. (2006). <i>Skills and tools for today's counselors and psychotherapists: From natural helping to professional counseling</i> (1st ed.). BelThurt, Calif: Thomson Higher Education.</p> <p><u>Supplementary</u></p> <p>Brems. C. (2001). <i>Basic skills in psychotherapy and counseling</i> (1st ed.). Pacific Grove, Calif.: Brooks/Cole Thomson Learning.</p>	

- Corey, G. (2012). *Student manual for Corey's theory and practice of counseling and psychotherapy* (7th ed.). (very good for practice).
- Corey, G. (2013). *Case approach to counseling and psychotherapy* (8th ed.). (very helpful in applying the theories, especially with CD-ROM).
- Corey, M. S., & Corey, G. (2016). *Becoming a helper* (7th ed.). Pacific Brooks/Cole, Cengage Learning.
- Gladding, S.T. (2017). *Counseling: A comprehensive profession* (5th ed.). Pearson.
- Haney, H., & Leibsohn, J. (2000). *Basic counseling responses: A multimedia learning system for the helping professions* (2nd ed.). Pacific Grove, Calif: Brooks/Cole Wadsworth Publishing Co.
- Hough, M. (2014). *Counselling skills and theory* (4th ed.). Hodder Arnold.
- Ivey, A.E., Ivey M.B., & Zalaquett C.P. (2018). 9th Edition. *Intentional Interviewing and Counselling: Facilitating Client Development in a Multicultural Society*. Cengage Learning. (very good for skills practice)
- Ivey, A.E., Ivey, M.B., Simek-Morgan, L. (2012). *Counseling and psychotherapy: A multicultural perspective* (7th ed. or later). Allyn and Bacon.
- Murphy, B.C., & Dillon.C. (2014). *Interviewing in action in a multicultural world* (5th ed.). BelThurt, Thomson/Brooks/Cole.
- Nystul, M. S. (2016). *Introduction to counseling: An art and science perspective* (5th ed.). Sage Publications.
- Rogers C. (1995). *A way of being*. Boston, NY: Houghton Mifflin.
- Sharf, R.S. (2015). *Theories of Psychotherapy and Counseling: Concepts and Cases*. 6th edition. Brooks/Cole, Cengage Learning.