

## Subject Description Form

<b>Subject Code</b>	APSS5620									
<b>Subject Title</b>	Individual and Group Counselling Skills Workshop									
<b>Credit Value</b>	3									
<b>Level</b>	5									
<b>Pre-requisite / Co-requisite / Exclusion</b>	Theories and Models of Counselling									
<b>Assessment Methods</b>	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;">100% Continuous Assessment</th> <th style="text-align: center;">Individual Assessment</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1. Participation in Workshops</td> <td style="text-align: center;">30%</td> </tr> <tr> <td style="text-align: center;">2. Skills Demonstration</td> <td style="text-align: center;">30%</td> </tr> <tr> <td style="text-align: center;">3. Reflection Paper</td> <td style="text-align: center;">40%</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>• The grade is calculated according to the percentage assigned;</li> <li>• The completion and submission of all component assignments are required for passing the subject.</li> </ul>		100% Continuous Assessment	Individual Assessment	1. Participation in Workshops	30%	2. Skills Demonstration	30%	3. Reflection Paper	40%
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<b>Objectives</b>	<p>This is an essential module for students who are committed to integrate counselling theory and practice when working with individuals and groups. This course offers a platform for the students to critically examine relevant counselling theories, trends, strategies and techniques with a conscious reference to cultural and contextual issues. With an emphasis on active participation and practice in class, this course is designed to increase students' knowledge, skills, self-awareness and confidence in both one-to-one and group counselling situations.</p>									
<b>Intended Learning Outcomes</b>	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> <li>a. examine, demonstrate and integrate guidance theories and practice in a practical manner;</li> <li>b. evaluate critically the place of value, knowledge, self and context in professional practice;</li> <li>c. review and apply relevant skills at individual, and group levels;</li> <li>d. develop a personalized approach in professional practice.</li> </ol>									

<b>Subject Synopsis / Indicative Syllabus</b>	<ol style="list-style-type: none"> <li>1. Experiential learning in Guidance and Counselling, the experienced learning approach in guidance training, the role and responsibility of learner;</li> <li>2. Self-reflective exercises and workshops;</li> <li>3. Values clarification: issues and problems;</li> <li>4. Advanced communication skills for guidance personnel;</li> <li>5. Engagement, relationship building, problem solving and evaluation skills;</li> <li>6. The use of groups structure, group development and group dynamics;</li> <li>7. Specific skills in working with targeted clients in group context: recruitment, communication, conflict, decision-making, leadership in groups, programme planning, implementation and evaluation;</li> <li>8. Use of community resources and community networking;</li> <li>9. Team work in Guidance Service: application, implementation and evaluation.</li> </ol>																																		
<b>Teaching / Learning Methodology</b>	<p>Lectures and workshops are used to facilitate students' learning, reflection and integration. In the lectures, the instructor will introduce students to the major concepts and practice related to guidance work in a practical manner. Based on the knowledge gained from the subject "Theories and Models of counselling", students are required to bring in cases/groups for discussion, analysis and presentation in the planned workshop sessions to sharpen students' practice skills in handling a range of psycho-social problems and to facilitate the development of personalized-approach in guidance. Audio-visual facilities will be needed.</p>																																		
<b>Assessment Methods in Alignment with Intended Learning Outcomes</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th rowspan="2" style="width: 25%;">Specific assessment methods / tasks</th> <th rowspan="2" style="width: 15%;">% weighting</th> <th colspan="4" style="width: 55%;">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th> </tr> <tr> <th style="width: 12.5%;">a</th> <th style="width: 12.5%;">b</th> <th style="width: 12.5%;">c</th> <th style="width: 12.5%;">d</th> </tr> </thead> <tbody> <tr> <td>1. Participation in Workshops</td> <td>30%</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> </tr> <tr> <td>2. Skills Demonstration</td> <td>30%</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> </tr> <tr> <td>3. Reflection Paper</td> <td>40%</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> <td style="text-align: center;">√</td> </tr> <tr> <td><b>Total</b></td> <td><b>100%</b></td> <td colspan="4"></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. Participation in Workshops	30%	√	√	√	√	2. Skills Demonstration	30%	√	√	√	√	3. Reflection Paper	40%	√	√	√	√	<b>Total</b>	<b>100%</b>				
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	<p>Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes:</p> <p>As this is a skills training module, participation in workshop constitutes 30% is appropriate. Participation in the workshops mainly focuses on practicing skills, with an emphasis on integrating theory and practice. Through active participation, we aim to help students evaluating their practice in different contexts. Skills demonstration and reflection paper maybe connected, in that the student may use the same case materials to demonstrate what has been done, and critically reflect on what could be done differently. These two components constitute 70% [30% + 40%]. The focus of these two components corresponds with the intended learning outcomes, especially in encouraging the students to develop a personalized-approach that is relevant to their work contexts in Hong Kong.</p>	
<b>Student Study Effort Expected</b>	<b>Class contact:</b>	
	▪ Lecture	15 Hrs.
	▪ Workshop	24 Hrs.
	<b>Other student study effort:</b>	
	▪ Reading prescribed book chapters and articles	33 Hrs.
	▪ Viewing prescribed videotapes & practice	33 Hrs.
	<b>Total student study effort</b>	<b>105 Hrs.</b>
<b>Medium of Instruction</b>	English supplemented with Chinese	
<b>Medium of Assessment</b>	English	
<b>Reading List and References</b>	<p><b><u>Essential</u></b></p> <p>Hill, C.E. (2009). <i>Helping skills: facilitating exploration, insight, and action</i>. Washington, DC: American Psychological Association.</p> <p>Corey, G. (2012). <i>Theory and practice of group counsellingI</i> (8<sup>th</sup> ed.). Belmont, Calif.: Thomson Brooks/Cole.</p> <p>DeLucia-Waack, J. L., kalodner, C. R., &amp; Riva, M. (2014). <i>Handbook of Group Counseling and Psychotherapy (2nd ed)</i>. SAGE.</p> <p>Jacobs, E.E., Masson, R.L., Harvill, R.L., &amp; Schimml, C. J. (2012). <i>Group counseling: strategies and skills</i>. Belmont, CA: Thomson/Brooks/Cole.</p>	

Remley R., T. P., & Herlihy, B. (2014). *Ethical, legal, and professional issues in counseling (4th ed.)*. Boston: Pearson.

**Supplementary**

American Psychological Association. (2009). *Publication manual of the American Psychological Association (6<sup>th</sup> ed.)*. Washington, DC: Author. (<http://www.apastyle.org/>)

Baruth, L. G., & Manning, M. L. (2012). *Multicultural counseling and psychotherapy: a lifespan approach (5<sup>th</sup> ed.)*. Upper Saddle River, N.J.: Pearson.

Brems, C. (2001). *Basic skills in psychotherapy and counselling*. Pacific Grove, Calif.: Brooks/Cole Thomson Learning.

Corey, G. (2013). *The art of integrative counseling*. Belmont, Calif.: Brooks/Cole-Cengage Learning.

Cormier, Sh., & Hackney, H. (2012). *Counseling strategies and interventions (8<sup>th</sup> ed.)*. Boston: Pearson.

Egan, G. (2010). *The skilled helper: a problem-management and opportunity-development approach to helping*. Belmont, Calif.: Thomson/Brooks/Cole.

Jones-Smith, E. (2012). *Theories of counseling and psychotherapy: an integrative approach*. Thousand Oaks: SAGE Publications.

Ivey, A.E., & Ivey, M.B. (2008). *Essentials of intentional interviewing: counseling in a multicultural world*. Belmont, Calif.: Thomson Higher Education.

Moodley, R., Gielen, U. P., & Wu, R. (2013). *Handbook of counseling and psychotherapy in an international context*. New York: Routledge.

Murphy, B.C., & Dillon, C. (2008). *Interviewing in action in a multicultural world*. Belmont, Calif.: Thomson/Brooks/Cole.