

Subject Description Form

Subject Code	APSS5630														
Subject Title	Theories and Models of Counselling														
Credit Value	3														
Level	5														
Pre-requisite / Co-requisite / Exclusion	Nil														
Assessment Methods	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">100% Continuous Assessment</th> <th style="width: 33%;">Individual Assessment</th> <th style="width: 33%;">Group Assessment</th> </tr> </thead> <tbody> <tr> <td>1. Seminar presentation</td> <td></td> <td style="text-align: center;">30%</td> </tr> <tr> <td>2. Class Quiz (x2)</td> <td style="text-align: center;">30%</td> <td></td> </tr> <tr> <td>3. Term paper</td> <td style="text-align: center;">40%</td> <td></td> </tr> </tbody> </table>			100% Continuous Assessment	Individual Assessment	Group Assessment	1. Seminar presentation		30%	2. Class Quiz (x2)	30%		3. Term paper	40%	
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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. 															
Objectives															
<p>To enable students to:</p> <ol style="list-style-type: none"> 1. describe and appreciate the nature of counselling as a helping process and the basic qualities and characteristics of effective counsellors; 2. analyse cultural factors, value and ethical dilemmas, issues and perspectives on becoming a counsellor; 3. describe and appreciate the major theoretical approaches and models in counselling; 4. explain and apply theories in working with individual and families in counselling work in the local context; 5. explain and apply the use of group approach and programmes in counselling work; 															

	<ol style="list-style-type: none"> 6. apply team approach in counselling and identify community resources and network in organizing guidance and counselling programmes; and 7. identify and develop a clearer individual approach to counselling in one's work context.
<p>Intended Learning Outcomes</p>	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> a. describe and appreciate the nature of counselling as a helping process and the basic qualities and characteristics of effective counsellors; b. analyse cultural factors, value and ethical dilemmas, issues and perspectives on becoming a counsellor; c. describe and appreciate the major theoretical approaches and models in counselling; d. explain and apply theories in working with individual and families in counselling work in the local context; e. explain and apply the use of group approach and programmes in counselling work; f. apply team approach in counselling and identify community resources and network in organizing guidance and counselling programmes; g. identify and develop a clearer individual approach to counselling in one's work context.
<p>Subject Synopsis / Indicative Syllabus</p>	<ol style="list-style-type: none"> 1. The Concept and Nature of Counselling 2. Value and Ethical issues in the Counselling Profession 3. Major Counselling Models and Theories: Implications and Applications in the Hong Kong setting 4. Counselling as a Helping Process 5. Practical Skills: Working with Individual and Families, The Guidance group, Use of Programmes, Games and Activities 6. The Multi-dimensional Approach in Counselling 7. Effective Implementation of Counselling Programmes: Administration and Team Building; Use of Community Resources; Social Networking

Teaching / Learning Methodology	Theories, concepts and factual knowledge will be delivered through lectures. Discussion, reflection and exploration of controversial issues related to theories and practice will be substantiated through seminar presentations and discussions. Acquisition of skills will be developed through laboratory exercises.																																																																							
Assessment Methods in Alignment with Intended Learning Outcomes	<table border="1" data-bbox="462 466 1481 961"> <thead> <tr> <th rowspan="2">Specific assessment methods / tasks</th> <th rowspan="2">% weighting</th> <th colspan="7">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>e</th> <th>f</th> <th>g</th> </tr> </thead> <tbody> <tr> <td>1. Seminar presentation</td> <td>30%</td> <td></td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> </tr> <tr> <td>2. Class Quiz</td> <td>30%</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>3. Term paper</td> <td>40%</td> <td></td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> <tr> <td>Total</td> <td>100%</td> <td colspan="7"></td> </tr> </tbody> </table> <p data-bbox="462 1012 1481 1087">Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes:</p> <p data-bbox="462 1123 1481 1270">The student's learning outcomes will be assessed through their performance in coursework. This performance in seminar presentation, discussion, and case studies will be assessed together with a term paper that reflects their learning to resolve issues and problems of practice.</p>									Specific assessment methods / tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)							A	b	c	d	e	f	g	1. Seminar presentation	30%		✓	✓	✓	✓	✓		2. Class Quiz	30%	✓	✓	✓					3. Term paper	40%		✓	✓	✓	✓	✓	✓	Total	100%																		
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Medium of Instruction	English																																																																							

Medium of Assessment	English
Reading List and References	<p><u>Essential</u></p> <p>Corey G. (2013). <i>Theories and Practice of Counselling and Psychotherapy</i> (9th ed.). Thomson: Brooks/Cole.</p> <p><u>Supplementary</u></p> <p>American Psychological Association. (2001). <i>Publication Manual of the American Psychological Association</i> (5th ed.). Washington, DC: The author.</p> <p>Brems. C. (2001). <i>Basic Skills in Psychotherapy and Counseling, 1st Edition</i>. Pacific Grove, Calif.: Brooks/Cole Thomson Learning.</p> <p>Combs, A., & Avila, A.D. (1985). <i>Helping relationships: basic concepts for helping professions</i>. Newton, MA: Allyn & Bacon.</p> <p>Corey, G. (2013). <i>Case Approach to Counseling and Psychotherapy</i>. 8th ed. Brooks/Cole.</p> <p>Corey, G. (2005). <i>Student Manual for Corey's Theory and Practice of Counseling and Psychotherapy</i>. 7th Edition.</p> <p>Corey, M. S. Corey, G. (2007). <i>Becoming a Helper</i>. 5th Edition. Pacific Grove, Calif.: Brooks/Cole.</p> <p>Corey, G., Corey, M.S., and Callanan, P. (2007). <i>Issues and Ethics in the Helping Professions</i>. 7th ed. Calif: Brooks/Cole.</p> <p>Education Department. (1991). <i>Guidance A Resource Book</i>. Government Printer, Hong Kong.</p> <p>Education Department. (1993). <i>Guidelines on Whole School Approach to Guidance (for Secondary School) Part (1)</i>. Hong Kong Government.</p> <p>Ford, G. G. (2006). <i>Ethical Reasoning for Mental Health Professionals</i>. Calif: Sage Publications.</p> <p>Gladding, S.T. (2004). <i>Counseling: A Comprehensive Profession</i>. 5th ed. Pearson.</p> <p>Hamblin, D.H. (1993). <i>The Teacher and Counselling Oxford: Black-well</i>.</p>

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Haney, H., & Leibsohn, J. (1999). *Basic Counseling Responses: A Multimedia Learning System for the Helping Professions*. 1st Edition. Pacific Grove, Calif: Brooks/Cole Wadsworth Publishing Co.

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Ivey, A.E. (2007). *Intentional Interviewing and Counselling: Facilitating Client Development in a Multicultural Society*. Pacific Grove, Calif: Brooks/Cole. (very good for skills practice)

Ivey, A.E., Ivey, M.B., & Simek-Morgan, L. (1997). 4th Edition (or later). *Counseling and Psychotherapy: A Multicultural Perspective*. Allyn and Bacon.

Murphy, B.C., & Dillon.C. (2008). *Interviewing in Action in a Multicultural World*. 3rd Edition. BelWedt, Calif: Thomson/Brooks/Cole.

Neukrug, E.S. (2006). *Skills and Tools for Today's Counselors and Psychotherapists: From Natural Helping to Professional Counselling*. 1st Edition. BelWedt, Calif: Thomson Higher Education.

Noonan, E. (1991). *Counselling Young People*. Routledge.

Nystul, M. S. (2006). *Introduction to Counseling: An Art and Science Perspective*. 3rd Ed. Pearson

Woolfe, Dryden, Strawbridge (edited). (2003). *Hankbook of Counselling Psychology (2nd edition)*. Sage.

李茂興 (譯)。(1997)。*《諮商與心理治療: 理論與實務》*。揚智，台北。

吳武典。(1991)。*《輔導原理》*。心理出版社，台北。

王文秀等譯。(1989)。*《有效輔導員》*。張老師出版社，台北。