

COU102e Introduction to Counselling

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

E-Learning: BLENDED - Learning is done MAINLY online using interactive study materials in Canvas. Students receive guidance and support from online instructors via discussion forums and emails. This is supplemented with SOME face-to-face sessions. If the course has an exam component, this will be administered on-campus.

Synopsis:

This course introduces students to the concept of professional counselling, the nature and profession of counselling, and the roles and responsibilities of the professional counsellor in different settings. It will give an overview of the various theories and approaches to counselling, values and ethics in counselling, the attributes of an effective counsellor, and the process of becoming a professional counsellor.

Topics:

- What is counselling?
- Historical origins of counselling
- Social origins of counselling
- Relationship between counselling and psychotherapy
- Counselling and other helping professions
- The counselling relationship
- Being and becoming a counsellor
- Diversity of theory and practice in counselling
- Values and ethics in counselling
- Different approaches in the delivery of counselling services
- The role of research in counselling
- Future trends in counselling

Textbooks:

McLeod, J. (2009).: An Introduction to Counselling (eText) 6th Edition UK: Mc Graw-Hill Education.
ISBN-13: 9780335243204

Learning Outcome:

- Summarise the social and historical origins of counselling (B2)
- Present an overview of different theories and approaches to counselling (B2)
- Discuss the role of research in counselling (B2)
- Describe the differences between counselling and psychotherapy (B2)
- Demonstrate a working knowledge of the theoretical bases of counselling (B3)
- Illustrate the role of professional counselling with simple case studies (B3)
- Discuss common professional and ethical issues in counselling (B2)
- Examine one's own motivation and readiness in becoming a professional counsellor (B3)

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	PRE-CLASS QUIZ 2	5
	TUTOR-MARKED ASSIGNMENT 1	40
Overall Examinable Components	Written Exam	50
Total		100