

COU102 Introduction to Counselling

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY REGULAR SEMESTER

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:

COU102 iSG (UDC - SUSS) SUSS

ISBN-13: SG-0918

An Introduction to Counselling 6th McLeod, J. McGraw-Hill

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 - Regular Semester (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

*The information listed is subject to review and change.