

# **COU155 Counselling Children**

**Level:** 1

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## **Synopsis:**

This is a skill-based course that examines in detail different approaches and relevant strategies in counseling children. Students will be engaged in discussing the development of mental health problems in childhood. The focus is on a proactive approach to counselling children.

## **Topics:**

- Foundational concepts of child counselling
- The process of child therapy
- The child's internal processes of therapeutic change
- Active listening
- Dealing with resistance and transference
- Dealing with self-concept and self-destructive beliefs
- Actively facilitating change
- Termination of counselling
- Selecting the appropriate media or activity
- Building self-esteem
- Social skills training
- Education in protective behaviours

## **Textbooks:**

COU155 iSG

ISBN-13: SG-0850

Counselling Children: A Practical Introduction 5th Kathryn Geldard and David Deldard. Sage  
ISBN-13: 9781526418678

**Learning Outcome:**

- Define goals in counselling with children. (B1)
- Discuss the child-counsellor relationship. (B2)
- Describe children's internal processes for therapeutic change. (B2)
- Explain the purpose and nature of play therapy with children. (B2)
- Appraise children's self-concept and self-destructive beliefs. (B4)
- Develop active facilitation skills for change in working with children. (B3)
- Apply play therapy techniques in working with children. (B3)
- Apply strategies in handling resistance, transference and termination. (B3)

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	25
	TUTOR-MARKED ASSIGNMENT 2	25
Overall Examinable Components	Written Exam	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.