

COU157 Counselling Adolescents

Level: 1

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This is a skills-based course that examines in detail different approaches and relevant strategies in counselling adolescents. Students will discuss the nature of adolescents, the development of mental health problems in adolescents and specialised counselling skills in working with teenagers. The focus is on a proactive approach to counselling adolescents.

Topics:

- The nature of adolescence
- Influences of childhood experiences on adolescents development
- Environmental stressors for adolescents
- Factors related to unresolved childhood issues
- Development of mental health problems in adolescents
- Proactive approach to counselling adolescents
- Making counselling relevant to adolescents
- Promoting changes in adolescents
- Symbolic strategies
- Creative strategies
- Behavioural and cognitive strategies
- Psychoeducation strategies

Textbooks:

COU157 iSG (UDC - SUSS)

ISBN-13: SG-0851

Counselling Adolescents - The Proactive Approach 5th Kathryn Geldard and David Deldard Sage

ISBN-13: 9781526471970

Learning Outcome:

- Define the nature of adolescents(B1)
- Discuss the influences of childhood experiences on adolescents development (B2)
- Explain what is involved in a proactive approach to counselling adoescents (B2)
- Debate how to make counselling relevant to adolescents (B4)
- Identify mental health problems in adolescents (B1)
- Apply specialised counselling skills in working with adolescents (B3)
- Develop a proactive approach to counselling adolescents (B3)
- Illustrate with case studies mental health problems in adolescents and relevant interventions (B3)

Assessment Strategies - Regular Semester (Evening Class):

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

*The information listed is subject to review and change.