

# COU202 Theories and Techniques of Counselling 1

**Level:** 2

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY REGULAR SEMESTER

## **Synopsis:**

COU202 focuses on the four classical counselling approaches namely, Psychoanalytic, Person-Centred, Behaviour and Cognitive-Behaviour Therapy approaches. This course will explain the main concepts, therapeutic goals, processes and techniques that pertain to the abovementioned four classical counselling approaches, with an emphasis on the Rational-Emotive Behaviour Therapy approach. It is the aim of this course to equip students with the essential knowledge and skills of these four classical counselling approaches, and to help them apply these knowledge and skills in case formulation and intervention planning. The latter will be employed in hypothetical case scenarios, and in actual cases during the students' practicum attachment later in their degree programme.

## **Topics:**

- Overview of Counselling Approaches; Introduction to and main concepts of Psychoanalytic Counselling
- Psychoanalytic Counselling: Therapeutic goals, processes and techniques; Multicultural applications; Strengths and shortcomings
- Person-Centred Counselling: Introduction; Main concepts; Therapeutic goals, processes and techniques; Multicultural applications; Strengths and shortcomings
- Behaviour Therapy: Introduction; Main concepts; Therapeutic goals, processes and techniques; Multicultural applications; Strengths and shortcomings
- Rational-Emotive Behaviour Therapy: Introduction; Main concepts; Therapeutic goals, processes and techniques; Multicultural applications; Strengths and shortcomings
- Cognitive-Behaviour Therapy: Introduction; Main concepts; Therapeutic goals, processes and techniques; Multicultural applications; Strengths and shortcomings

## **Textbooks:**

COU202 iSG  
ISBN-13: SG-1313

Theory and practice of counseling and psychotherapy 11th Corey, G. Cengage  
ISBN-13: 9798214037189

A Primer on Rational Emotive Behavior Therapy 3rd Dryden, W., DiGiuseppe, R. & Neenan, M  
Research Press  
ISBN-13: 9780878226368

**Learning Outcome:**

- Present an overview of the four major categories of classical Counselling Approaches that are being used in the counselling and psychotherapy professions
- Explain the main concepts, therapeutic goals, processes and techniques pertaining to the Psychoanalytic, Person-Centred, Behaviour and Cognitive-Behaviour Therapy Approaches to Counselling
- Discuss the multicultural applications, strengths and shortcomings of the Psychoanalytic, Person-Centred, Behaviour and Cognitive-Behaviour Therapy Approaches to Counselling.
- Compare and contrast the main concepts, therapeutic goals, processes and techniques pertaining to the Psychoanalytic, Person-Centred, Behaviour and Cognitive-Behaviour Therapy Approaches to Counselling
- Develop case formulation skills by using the Psychoanalytic, Person-Centred, Behaviour and Cognitive-Behaviour Therapy Approaches to Counselling
- Employ intervention skills and techniques by using the Psychoanalytic, Person-Centred, Behaviour and Cognitive-Behaviour Therapy Approaches to Counselling.

**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.