

COU204 Theories and Techniques of Counselling 2

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY REGULAR SEMESTER

Synopsis:

This course focuses on Choice Theory/Reality Therapy and two Postmodern Counselling Approaches namely, Solution-Focused Therapy and Narrative Therapy Counselling Approaches. This course will explain the main concepts, therapeutic goals, processes and techniques that pertain to the abovementioned three counselling approaches, with an emphasis on Solution-Focused Therapy. In addition, the course will provide an overview of psychotherapy integration, so that students can work towards synthesising their own personal integrative counselling approach.

It is the aim of this course to equip students with the essential knowledge and skills of these three 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 later in their degree programme.

Topics:

- Choice Theory/Reality Therapy: Introduction; Main concepts; Therapeutic goals, processes and techniques; Multicultural applications; Strengths and shortcomings
- Overview of Social Constructionism; Introduction to, main concepts and therapeutic goals of Solution-Focused Therapy
- Solution-Focused Therapy: Therapeutic processes and techniques
- Solution-Focused Therapy: Multicultural applications; Strengths and shortcomings; Introduction to, main concepts and therapeutic goals of Narrative Therapy
- Narrative Therapy: Therapeutic processes and techniques
- Narrative Therapy: Multicultural applications; Strengths and shortcomings; An Overview of Psychotherapy Integration

Textbooks:

COU204 iSG
ISBN-13: SG-1314

Solution-Focused Interviewing 2013 Warner, R. E. University of Toronto Press
ISBN-13: 9781442668065

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

Learning Outcome:

- Present an overview of Social Constructivism, and how this is being used in the counselling and psychotherapy professions
- Explain the main concepts, therapeutic goals, processes and techniques pertaining to Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Discuss the multicultural applications, strengths and shortcomings of Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Compare and contrast the main concepts, therapeutic goals, processes and techniques pertaining to Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Present an overview of psychotherapy integration
- Develop case formulation skills by using Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy
- Select intervention skills and techniques by using Choice Theory/Reality Therapy, Solution-Focused Therapy and Narrative Therapy

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.