

COU304 Family Counselling

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY REGULAR SEMESTER

Synopsis:

COU304 Family Counselling is a Level 3 course. The course aims to equip students with the systems perspective, and the essential knowledge and skills of four family counselling approaches, namely multigenerational approach, structural approach, experiential approach and strategic approach.

The course discusses the following: (1) key figures in respective approaches and their theoretical formulations, (2) assessment and therapeutic techniques, and (3) evaluating respective approaches. An integrative model will be presented to help students apply the approaches to family counselling situations.

Topics:

- Course overview
- Historical development of family therapy
- Philosophy of systems and social constructionist perspectives
- Multigenerational approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Structural approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Experiential approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Strategic approach - Theoretical formulation, assessment and intervention, evaluation of the approach
- Principles of an integrated model in family counselling

Textbooks:

COU304 Study Guide

ISBN-13: SG-1447

Mastering Competencies in Marriage and Family Therapy: A practical approach to theory and clinical case documentation 4th Gehart, D.C. Cengage

ISBN-13: 9780357764565

Learning Outcome:

- Apply systems theory for family counselling.
- Analyse cases based on either multigenerational, structural, strategic, humanistic or narrative therapy.
- Evaluate strengths and limitations of either multigenerational, structural, strategic, humanistic or narrative therapy.
- Explain key concepts in relation to either multigenerational, structural, strategic, humanistic or narrative therapy.
- Demonstrate skills in relation to either multigenerational, structural, strategic, humanistic or narrative therapy.
- Demonstrate use of the integrative model for family counselling cases.

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	20
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	ECA	50
Total		100

*The information listed is subject to review and change.