

COU498 Laboratory on Basic Counselling Skills

Level: 4

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This counselling skill-based course to be conducted in the training laboratory and classroom is to enable our students in the Foundation Studies to:

- Acquire the theoretical framework and basic counselling skills in the stages of the counselling process.
- Practise the micro-counselling skills through role-plays and live supervision.
- Develop qualities of an effective counsellor through the training model of the Person-of-the-Therapist (POTT)
- Show cultural sensitivity and adaption within the multicultural context of Singapore.
- Demonstrate the skills needed to provide and receive feedback on counselling skills and interventions.
- Critically examine and evaluate the impact of personal values and beliefs on the counselling process, including ethical issues in counselling.

Topics:

- Introduction to Basic Counselling Skills
- An Overview of the Counselling Process
- Ethical Issues in Counselling
- Self-Awareness & Counselling
- Cultural Awareness Change Talk in Counselling
- Exploration Stage
- Micro-counselling Skills: Reflecting and summarising skills
- Insight Stage
- Micro-counselling skills: Confronting, Interpreting and Informing Skills
- Action Stage and Integration
- Micro-counselling Skills: Pulling it All Altogether
- The Person-of-the-Therapist

Textbooks:

Egan and Reese: The Skilled Helper 11 Cengage
ISBN-13: 9814875714

Learning Outcome:

- Examine the theoretical framework and importance of micro-counselling skills in the counselling session.
- Discuss factors that contribute to establishing a positive therapeutic relationship and cultural sensitivity of clients.
- Analyse the different micro-counselling skills (e.g. listening, leading, reflecting, summarising, confronting, interpreting and informing skills) that are appropriate at different stages of counselling (e.g. in the exploration, insight and action stages), including the use of self (person-of-the-therapist) in the counselling process.
- Apply communication and counselling skills that facilitate the counselling process.
- Appraise the impact of poor communication and use of micro-counselling skills on clients.
- Demonstrate the competency of using micro-counselling skills, and the person-of-the-therapist in the counselling process.

Assessment Strategies (Evening Class):

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