

# **COU509 Integrative Approaches to Counselling**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY 2 YEARS

## **Synopsis:**

This course discusses the need for integration of the various approaches to counselling, and presents in detail Corey's integrative approach to counselling. The latter illuminates on the cognitive, affective and behavioural dimensions of counselling and based on these arenas, purports an integrative perspective to counselling. Other integrative approaches including Lazarus' Multimodal Therapy, Adlerian Therapy, and Prochaska and Norcross' Transtheoretical Model, will also be discussed.

This course further challenges students to begin developing an integrative perspective to counselling. In view of the expediency to understand and deal with diversity issues in multicultural Singapore, developing an integrative perspective would be efficacious.

## **Topics:**

- The Art & Science of Counselling
- Third Wave Therapies
- Common Factors Approach
- Humanistic Models
- Behavioural and Cognitive-Behavioural Therapy (CBT)
- Psychoanalytic and Psychodynamic Therapy
- Constructivist Therapies
- Integrative therapies
- Impact of Multicultural Issues in Integrative Counselling
- Creative Based Psychotherapy
- Religion & Pastoral Counselling
- Emergence of Neuroscience in Integrative Counselling

## **Textbooks:**

Systems of Psychotherapy: A Transtheoretical Analysis 9th James O. Prochaska and John C. Norcross  
Oxford University Press  
ISBN-13: 9780190880439

**Learning Outcome:**

- Critique the various modern and postmodern approaches in counselling
- Defend the importance of common factors & salient issues involved in counselling
- Appraise the integrative approaches to counselling in local context
- Construct a personal theory of counselling based on self-analysis as well as one's own view of the counsellor's role and integration of various counselling approaches
- Design integrative intervention strategies that aim to facilitate decision-making and behaviour change relevant to the local context
- Recommend strategies for evaluation and termination of integrative counselling in local context

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.