

COU551 Psychotherapy with Children and Adolescents

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY 2 YEARS

Synopsis:

This course provides a practical introduction to developmental, familial, cultural, ethical, practical, and theoretical approaches to counselling children and adolescents. It examines both theoretical and technical components of child and adolescent psychotherapeutic work across a common structural-procedural psychotherapeutic process.

Topics:

- Emotional and behavioural problems in children and adolescents
- Developmental constructs and principles
- Consideration of familial, cultural and special needs concerns in the children and adolescent population, with emphasis on the local context.
- Ethical and professional concerns when working with children and adolescents, with emphasis on the local context.
- Skills and techniques in engagement of children and adolescents in counselling
- Assessment of children and adolescents' presenting problems with a systemic lens
- Case conceptualization and treatment planning
- Advocacy for children and adolescents in the local context
- Mental health problems and treatment considerations in childhood
- Mental health problems and treatment in adolescents
- Essential therapy approaches with children
- Essential therapy approaches with adolescents

Textbooks:

Counselling and Psychotherapy with Children and Adolescents: Theory and Practice for School and Clinical Settings 5th H. Thompson Prout and Alicia L Fedewa John Wiley
ISBN-13: 9781118772706

Learning Outcome:

- Analyse the developmental issues in childhood and adolescents.
- Appraise familial, cultural and special developmental contexts of children and adolescents.
- Assess ethical and professional issues in counselling children and adolescents.
- Formulate problems presented by children and adolescents.
- Recommend appropriate counselling approaches to working with children and adolescents.
- Select appropriate psychotherapy skills for use in counselling children and adolescents in local contexts.

Assessment Strategies - Regular Semester (Evening Class):

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

*The information listed is subject to review and change.