

## **PSY354 Counselling Psychology in Singapore**

**Level:** 3

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY SEMESTER

### **Synopsis:**

Students will learn to assist their clients with managing their physical, emotional and mental well-being by improving their sense of self, alleviating feelings of distress and resolving crises. Since these skills are relevant in any stage of our lives, students will also critically appraise the theories in counselling and psychotherapy, learning how to adapt the best practices that are optimal in helping their clients manage moderate to severe issues in their lives and even the lives of those around them. Current approaches and modalities in counselling and psychotherapy will also be addressed to prepare students with updated best practices in the professional realm. Understanding the Singapore landscape is critical in the counselling process and this course will equip students with the practical and theoretical skills to help their clients more effectively. This course focuses on how counselling is unique in the Singaporean context, highlighting the common mental illnesses and the impact of stress on Singaporeans' well-being.

### **Topics:**

- The Counselling Psychologist as a Person and a Professional
- The multiculturally competent Counselling Psychologist
- Some basic theories and techniques of counselling
- How our lifespan development can influence the need for counselling
- The impact of moral development on counselling needs
- Various settings of counselling
- Introduction to Career Counselling (in the 21st century)
- Mental illness management
- Ethical practice of counselling psychology
- Changing faces of counselling in Singapore

### **Textbooks:**

Corey, G.: Theory and practice of counseling and psychotherapy eISBN: 9789814773065 (eText) (10th Ed.). (2013). California: Brooks/Cole Publishing Company. Cengage  
ISBN-13: 9814773065

**Learning Outcome:**

- Evaluate the essential components of the counselling process
- Appraise the theories in counselling and psychotherapy
- Analyse the basics of counselling applied to specific settings such as the individual, couple, family, group, and school in the Singapore context
- Design optimal counselling treatment plans customised to achieving their therapy goals
- Apply and practice basic skills and interventions essential in counselling in Singapore
- Conduct a comprehensive intake interview to understand client's needs

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	PRE-CLASS QUIZ 2	5
	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	Written Exam	50
<b>Total</b>		<b>100</b>