

## **PSY454 Applied Counselling Psychology Skills**

**Level:** 4

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

### **Synopsis:**

This is an applied course that builds on the fundamentals of counselling psychology, which were introduced through PSY354 Counselling Psychology in Singapore. Focusing on applying counselling skills as practising counselling psychologists, students will learn practical skills that will help them work with clients, in individual and group settings. Specifically, this course is designed to enhance students' required skills and competencies of communication, interpersonal skills, service orientation, and psychological consultation, as specified by the SkillsFuture framework for Social Service (Psychology). This course will enable students to be more work-ready and learn to apply counselling techniques in the Singaporean context.

### **Topics:**

- Counselling techniques
- Applying counselling theories
- Soft skills
- Group therapy approaches
- Group facilitation techniques
- Conducting an effective intake interview
- Asking helpful questions for a mental status exam
- Conducting effective career counselling
- Managing multiple clients in one session
- Managing multicultural issues in a counselling session
- Managing ethical issues in a counselling session
- Counselling in the Singapore context

### **Textbooks:**

Geldard, K. & Geldard, G. (2005).: Geldard, K. & Geldard, G. (2005). Practical counselling skills: An integrative approach. (Access Code Card) (2005). Macmillan International Higher Education  
ISBN-13: 9780230229457

**Learning Outcome:**

- Appraise the practical effectiveness of theories in counselling in the Singapore context
- Analyse the basics of counselling applied to different types of consultations such as individual, couple, family, and group
- Plan and conduct effective intake interviews
- Demonstrate effective individual counselling skills
- Develop group facilitation skills to lead group counselling sessions
- Apply active listening and effective questioning techniques in counselling

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	50
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>