

# **XAT503 Techniques of Counselling and Therapy in an Asian Context: Core Skills and Methodologies**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

## **Synopsis:**

In XAT503 Techniques of Counselling and Therapy in an Asian Context: Core Skills and Methodologies, students will be introduced to the main techniques of counselling and therapy; they will look at different approaches to how the expressive arts can be used for therapy. It will introduce the students to the nature of the therapeutic relationship and the core skills needed to use the arts in healing. It will clarify different theories of therapeutic practice looking at humanistic, psychodynamic and creative arts therapy theories, as well as explore the role of the expressive arts in different practice settings. They will explore how to document the expressive arts therapy journey, and look at the role of supervision in helping them reflect on best practice.

Reflecting on these approaches, students will be educated on the core skills of counselling and therapy in the Asian context to enable them to establish positive relationships with their clients to facilitate the creative therapeutic journey. Each weekly class has a lecture and an experiential learning component with role-plays and creative arts group work.

## **Topics:**

- Definitions of counselling and therapy
- Transference and countertransference
- Values, ethics and boundaries in counselling and therapy
- Establishing positive relationships
- Cross-cultural issues in counselling and therapy
- Different approaches in therapy - humanistic, psychodynamic, psycho-educational, behavioural
- Understanding preverbal and non-verbal expressions in counselling and therapy
- Traditional Asian models of counselling and therapy
- Setting goals for expressive arts therapy practice
- Documenting expressive arts therapy practice
- The role of supervision in expressive arts therapy
- Personal journalling of expressive arts experience

## **Textbooks:**

: Essentials of Counselling Competences by C.T. Tan, Leong, J., Tan, A. and Tan, D. (2015) Singapore: Write Editions / Tusitala (RLS) Pte Ltd  
ISBN-13: 9789810960162

: Presence and Process in Expressive Arts Work- At the Edge of Wonder (eText) Kingsley Publishers  
ISBN-13: 9780857008114

**Learning Outcome:**

- Compare and contrast counselling and therapy models.
- Appraise the foundations of therapeutic work in relation to the arts.
- Critique the significance of transference and counter-transference when working with the expressive arts.
- Apply the core knowledge, concepts and theories of counselling and therapy to expressive arts practice.
- Formulate therapeutic relationships that fit their work settings.
- Demonstrate core therapeutic skills and competencies like effective listening, questioning and generating feedback in their creative work.

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

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

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