



Course Outline (Higher Education)

School:	School of Arts
Course Title:	COUNSELLING FOR INDIVIDUALS AND FAMILIES
Course ID:	CHSUG3002
Credit Points:	15.00
Prerequisite(s):	(At least 30 credit points from ANY subject-area at 2000-2999 level)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	090515

Description of the Course :

This course allows students to develop attitudes, values, knowledge and skills required of beginning community and human services practitioners in order to work effectively with individuals, families and groups. Drawing on key theoretical models / frameworks such as person centred, solution focused, strengths based, cognitive behavioural, and narrative approaches, students will develop an understanding of integrated or eclectic approaches to counselling in Community and Human services practice. Students will also develop frameworks for self-reflection, self-care and mindfulness in the context of their work. The course content is designed to encourage students to consider core Community and Human Services values and ethics when working with individuals and families

Grade Scheme: Graded (HD, D, C, etc.)

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the course but gained a final mark of 45 per cent or above and submitted all major assessment tasks..

Program Level:

Level of course in Program	AQF Level of Program					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Develop an understanding of core interpersonal communication skills which inform and underpin professional practice in the Community and Human Services field.
- K2.** Examine the key theoretical models / frameworks that inform and underpin professional Community and Human Services practice with individuals, Families and groups
- K3.** Critically reflect on the complex interplay between values, ethics, and morals, both personal and professional, and their impact on professional practice in the Community and Human Services field
- K4.** Explore strategies for critical self-reflection, supervision, self-care and mindfulness

Skills:

- S1.** Develop increased capacity for self-awareness and critical reflection about own values, ethics and morals, as well as reflection on professional values and ethics, and how these impact on professional practice in the Community and Human Services field
- S2.** Develop professional practice strategies to work ethically and effectively with individuals, families and groups from diverse backgrounds.
- S3.** Critique role plays of counselling scenarios by applying relevant theoretical and practice frameworks

Application of knowledge and skills:

- A1.** Apply key theoretical models or frameworks to engaging and effectively working with individuals, families and groups
- A2.** Identify appropriate theoretical models/frameworks of professional practice, and demonstrate their application in simulated settings
- A3.** Develop skills to critically reflect on practice as well as through the constructive feedback provided by University lecturers and peers
- A4.** Engage with fellow students in a collegiate and collaborative manner which reflects core Community and Human Services professional values
- A5.** Demonstrate the capacity to articulate the relationships between ethics, values and morals , both personal and professional, and their impact on professional practice in the Community and Human Services field

Course Content:

Topics may include:

- Topics may include:
 - Integrated approaches to direct practice in the Community & Human services field
 - Critical reflection of ethics values and professional practice
 - Revision of core counselling skills/professional Responsibilities for Practitioners
 - Counselling in Community and Human Services Practice
 - Relationship based practice
 - Trauma informed practice
 - Crisis Intervention
 - Person Centred approach
 - Solution focussed approach / Strengths based approach
 - Cognitive behavioural approach
 - Narrative approach
 - Working with Children
 - Working with Adolescents
 - Working with Families- A Psychodynamic Model
 - Group Work

Working with individuals

Values:

- V1.** Recognise the values of community and human services practices espoused by the Australian Community Workers Australia
- V2.** Appreciate potential ethical issues specific to working with individuals and families
- V3.** Identify how personal issues inform professional practice
- V4.** Develop reflective skills for practice.

Graduate Attributes

The Federation University FedUni graduate attributes (GA) are entrenched in the Higher Education Graduate Attributes Policy (LT1228). FedUni graduates develop these graduate attributes through their engagement in explicit learning and teaching and assessment tasks that are embedded in all FedUni programs. Graduate attribute attainment typically follows an incremental development process mapped through program progression. **One or more graduate attributes must be evident in the specified learning outcomes and assessment for each FedUni course, and all attributes must be directly assessed in each program**

Graduate attribute and descriptor		Development and acquisition of GAs in the course			
		Learning Outcomes (KSA)	Code A. Direct B. Indirect N/A Not addressed	Assessment task (AT#)	Code A. Certain B. Likely C. Possible N/A Not likely
GA 1 Thinkers	Our graduates are curious, reflective and critical. Able to analyse the world in a way that generates valued insights, they are change makers seeking and creating new solutions.	K1, K2, K3, K4, S1, S3, A1, A2, A5	B, A, B, B, B, B, A, A, B	AT1, AT2, AT3	A, B, B
GA 2 Innovators	Our graduates have ideas and are able to realise their dreams. They think and act creatively to achieve and inspire positive change.	S2	B	Not applicable	Not applicable
GA 3 Citizens	Our graduates engage in socially and culturally appropriate ways to advance individual, community and global well-being. They are socially and environmentally aware, acting ethically, equitably and compassionately.	Not applicable	Not applicable	Not applicable	Not applicable

Graduate attribute and descriptor		Development and acquisition of GAs in the course			
		Learning Outcomes (KSA)	Code A. Direct B. Indirect N/A Not addressed	Assessment task (AT#)	Code A. Certain B. Likely C. Possible N/A Not likely
GA 4 Communicators	Our graduates create, exchange, impart and convey information, ideas, and concepts effectively. They are respectful, inclusive and empathetic towards their audience, and express thoughts, feelings and information in ways that help others to understand.	K1	A	AT3	B
GA 5 Leaders	Our graduates display and promote positive behaviours, and aspire to make a difference. They act with integrity, are receptive to alternatives and foster sustainable and resilient practices.	K1, S1, S2, A3, A4	B, B, A, B, B	Not applicable	Not applicable

Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K3,K4, S1, A3,A5	Reflection on values and ethics, and morals. Development of self-awareness and critical reflection skills	Reflective Journal	15-30%
K1, K2, K3, K4, , S1, S2, S3, S4, A1, A2, A3,A5	Recall and reflect upon key knowledge from weekly course materials and readings	Online and direct activities related to the course content	15-30%
K1, K2, K3, K4, S1, S2, S3, S4, S5, A1, A2, A3, A4, A5	Development of core interview and assessment skills and application to a case scenario	Role Play (Video resrouce)	35-45%

Adopted Reference Style:

APA