



Course Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Course Title:	COUNSELLING THEORY AND PRACTICE
Course ID:	BEHAV3004
Credit Points:	15.00
Prerequisite(s):	(60 credit points, including at least 1 x BEHAV or 1 x PSYCH)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	090701

Description of the Course:

The aim of this course is to provide basic counselling theory and practice skills that can be applied to a range of fields including, but not limited to, psychology, education, community, and health. This course will provide students with an overview of major theories of counselling, including behavioural, cognitive, and person-centred approaches. This course encourages a multicultural perspective, and aims to develop communication and interpersonal skills, and basic counselling micro-skills. Basic professional and practice standards will also be addressed including ethical conduct, confidentiality, and privacy.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

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	■	■	■	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	✓	■	■	■

Learning Outcomes:

On successful completion of the course the students are expected to be able to:

Knowledge:

- K1.** Evaluate major counselling theories
- K2.** Critically appraise the efficacy of a range of approaches to counselling
- K3.** Develop an understanding of ethical concerns in counselling

Skills:

- S1.** Develop effective listening and verbal communication skills
- S2.** Discover communication and problem-solving skills used in a counselling context
- S3.** Appraise and critique different theories of counselling practice
- S4.** Outline the importance of recognising personal issues, needs, and biases and the effects these may have on the counselling relationship

Application of knowledge and skills:

- A1.** Develop and model basic counselling skills
- A2.** Demonstrate effective communication of own and others ideas in written reports and presentations
- A3.** Evaluate and determine effective counselling theories based on individual and multicultural considerations

Course Content:

Topics may include:

Topics may include:

- Overview of major counselling theories
- Basic counselling communication skills, including
 - Paraphrasing
 - Reframing
 - Reflection
 - Nonverbal communication
 - Effective listening
 - Summarising
 - Barriers and strategies
 - Questioning
- Characteristics of the counsellor, including
 - Biases
 - Needs
 - Values
- Professional and practice standards
- Multicultural considerations
- Technology and counselling

Graduate Attributes

The Federation University Federation 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)	Assessment task (AT#)
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-K3,S3-4,A3	AT1, AT2, AT3
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.	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.	K2, A3, S1-4	AT1, AT2, AT3
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.	K2-K3, S1-S4, A1-A3	AT1, AT2, AT3
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.	K2-3, S1-4, A2-3	AT1, AT2,AT3

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K3, S2-S4, A2-A3	Research and reflect on a given theoretical approach to counselling and produce a written report in response to a case study	Written Assignment	40-50%
K2-K3, S1-S4, A1-A3	Produce a presentation that demonstrates basic listening, communication, and counselling skills	Presentation	25-35%
K1-K3, S1-S4, A1, A3	Demonstrate and apply knowledge from the prescribed readings, lectures, and tutorials in response to questions	Online quizzes and/or test(s)	15-30%

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)