



Unit Outline (Higher Education)

Institute / School: Institute of Health and Wellbeing

Unit Title: Advanced Therapeutic Skills

Unit ID: HEMTL6004

Credit Points: 30.00

Prerequisite(s): Nil

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED: 060305

Description of the Unit:

In this unit students will learn about a range of psychological and counselling interventions. This will include exploration of the theoretical foundations and major models within each intervention. Students will be supported to develop their own unique methods toward psychological interventions with their clients and develop improved self-awareness.

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

Work Experience:

No work experience

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory						

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	✓	■

Learning Outcomes:

Knowledge:

- K1.** Develop a greater awareness of self and the ways in which personal attributes affect interaction with clients and others
- K2.** Discuss a range of contemporary issues in psychological interventions
- K3.** Explain the cultural and psychosocial aspects which influence the development of a therapeutic relationship and counselling role

Skills:

- S1.** Demonstrate acquisition of communication skills required for effective psychotherapeutic interaction
- S2.** Plan interventions and establish goals to meet the needs of the client
- S3.** Practice the relevant skills for effective counselling in a variety of clinical settings

Application of knowledge and skills:

- A1.** Critically analyse a variety of approaches to psychological interventions
- A2.** Critically appraise the evidence available regarding the efficacy of the approaches to psychological interventions

Unit Content:

Understanding Self-disclosure Interactive styles, approaches and methods Developing advanced helping skills and processes Client characteristics and traits Assessing clients Mutual goal setting Specific therapies: CBT, DBT, brief psychotherapy, anxiety, grief and loss Terminating interactions

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K3, S1, A2	Application of knowledge and skills Critical analysis and reflection	Written analysis and reflection	30-50%
K2, K3, S2, A1, A2	Application of knowledge and skills Analysis of clinical case study	Case Study	20-40%
K2, K3, S2, A1, A2	Application of knowledge and skills All content	Written Assignment	20-40%

Adopted Reference Style:

APA ()

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

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