

# WELF 7006 COUNSELLING AND PSYCHOTHERAPY PRACTICE

**Credit Points** 10

**Legacy Code** 102364

**Coordinator** Amanda Webb ([https://directory.westernsydney.edu.au/search/name/Amanda Webb/](https://directory.westernsydney.edu.au/search/name/Amanda%20Webb/))

**Description** This unit builds on the experiential learning from Foundations of Psychotherapy and Counselling 1 by offering further practice in interpersonal counselling skills in dyadic and group contexts. Students will consolidate and expand the range of skills appropriate to the unfolding counselling relationship through continued skills practice. Students will develop capacity to analyse their own responses in depth and respond reflexively in their work with clients, within an increased understanding of the therapeutic relationship and of what makes counselling effective. Students will continue to participate in small group experiential training, thereby increasing their awareness of interpersonal and group processes.

**School** Social Sciences

**Discipline** Counselling

**Student Contribution Band** HECS Band 4 10cp

**Level** Postgraduate Coursework Level 7 subject

**Pre-requisite(s)** WELF 7004 OR WELF 7009

**Equivalent Subjects** WELF 7005 - Counselling 2

## Restrictions

Students must be enrolled in 1817 Master of Psychotherapy and Counselling, 4595 Master of Art Therapy or 1770 Master of Social Science.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Demonstrate advancing skills in listening, empathic responding, use of silence, and exploratory questioning.
2. Practice beginning skills in immediacy and other skills of encounter such as providing feedback, and consider the ethical issues and dilemmas encountered in the responsible use of self in counselling and therapy.
3. Facilitate the stages of a short-term counselling relationship.
4. Apply skills in engaging in a therapeutic relationship with clients.
5. Identify how to assess the effectiveness of counselling with and for clients, and how to work constructively toward closure.
6. Critically analyse and make comparisons between individual and group counselling as experienced by both client and counsellor.

## Subject Content

Continuing counselling skills practice including triadic work eight practice sessions with an advanced counselling student in their second year of studies.

Further development of existing and new skills in listening, empathic responding, use of silence and exploratory questioning, immediacy, highlighting of conflicts, providing feedback, and interpretation.

Consideration of concepts of transference and countertransference, and the use of self within the counselling/therapy process. Exploration of the use of psychoeducational and experiential groups within professional counselling practice, including the development of group facilitation skills. Critical consideration of how change occurs, inside and outside of the counselling relationship, and of how counsellors know when clients are better. Exploration of when and how to end therapy - the concept of termination as mature, premature or delayed.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Reflection on counselling skills practice and in-class supervision	1,000 words + submission of session review templates	25	Y	Individual
Session transcript and written analysis	2000 words, plus 10 minute transcript & analysis, from a 50-60min audiotaped session	50	Y	Individual
Reflective report on interpersonal and intrapersonal group process	1500 word written assignment	25	Y	Individual

### Prescribed Texts

- Crago, H. and Gardner, P. (2012). A safe place for change: Skills and capacities for counselling and therapy. Melbourne, Australia: IP Communications.

### Teaching Periods

## Spring

### Parramatta - Victoria Rd

#### Weekend

**Subject Contact** Amanda Webb ([https://directory.westernsydney.edu.au/search/name/Amanda Webb/](https://directory.westernsydney.edu.au/search/name/Amanda%20Webb/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=WELF7006\\_22-SPR\\_PS\\_W#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=WELF7006_22-SPR_PS_W#subjects))