This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.
Unit Name | Counselling Practicum I
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Unit Code | CO300
Award | Bachelor of Social Science (Counselling)
Credit Points | 10
Core/Elective | Core
Pre/co-requisites | Pre-requisite
CO253 Introduction to Schools of Counselling
CO261 Processes and Strategies in Counselling
SO251 Ethics, Policy and Professional Issues
Co-requisite
CO353 Counselling Integration
Modes | Internal
External
Delivery/Contact hrs | Reading, reflection and preparation for counselling 39 hours
Supervision 39 hours
Counselling experience\(^1\) 52 hours
TOTAL 130 hours
Teaching Staff | Esther Diplock
Unit Rationale | Counselling skills are learned by practice. While several units in the counselling program equip students with skills and theory for counselling practice, it is not until the student uses those skills in a real life setting that he or she can really appreciate the utilisation of the skills, the framework of the counselling theories and the importance of the relationship with the client.

A counselling placement is necessary for the student to experience the dynamics of a real counselling situation and to begin to experience the responsibility of facilitating change in the client. During the practicum the student should begin counselling clients. The experience is to be reflected on and analysed with the input of the suitably qualified supervisor and mentor. Supervision during the practicum is a very important aspect of counselling development. To maximise student learning it is required that of the total of 20 hours of supervision, at least 10 hours be individual supervision. Group supervision can be used for the remaining 10 hours.

Learning Outcomes:

On completion of this unit of study, students will have provided evidence that they have:

1. Conducted and analysed the process an effective counselling interview;
2. Established a supervisory relationship and analysed counselling skills and process with a supervisor;
3. Described aims and theoretical approach of a specific counselling relationship/interview;
4. Critically reflected on themselves as practitioners, their theoretical approach, skills and use of self;
5. Identified and responded to ethical issues as they arise in practice with the appropriate input of mentors and supervisors;
6. Written at an appropriate tertiary standard with special attention to correct grammar, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing and presentation.

\(^1\) PACFA allows face-to-face and individual counselling only. It does not allow phone or group counselling to be included in the 200 hours of counselling hours required for graduate membership.
Content:

Students are to complete a Practicum placement of 80 hours face to face counselling practice accompanied by 20 hours of clinical supervision with a suitably qualified supervisor (of which at least 10 hours must be individual supervision). Depending on the circumstances of students and the availability of placements, this may be completed in an intensive block of approximately eight weeks, or over a more extended period.

Set Text Requirements:


Recommended Readings:


Journals

*Guidance and Counselling*

*Psychotherapy Research*

*Psych Oz*

Assessment:

Students in this unit will receive an exit grade of either Ungraded Pass (UP) or Fail (F).

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Topic/s</th>
<th>Learning Outcomes assessed</th>
<th>Week Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reflective Journal 2000 words</td>
<td>Keep a reflective journal throughout the placement reflecting on the counselling experience, your skills and areas of strength and weakness. It must intentionally discuss your learning as a result of working with your clients in terms of Learning Outcomes 1-6 described above.</td>
<td>1-6</td>
<td>Completion of practicum</td>
</tr>
<tr>
<td>Evaluative Report 2000 words</td>
<td>Video-record at least one counselling session to be observed and analysed in the presence of the Supervisor, or Course Coordinator. Reflect on skills, processes, areas of development, ethical and Christian worldview dimensions.</td>
<td>1-6</td>
<td>Completion of practicum</td>
</tr>
<tr>
<td>Practice Assessment</td>
<td>Mentors and supervisors will evaluate students’ practical skills against the unit outcomes.</td>
<td>1-6</td>
<td>Completion of practicum</td>
</tr>
</tbody>
</table>