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
Attending to the Human Story

### Unit Code
CO460

### Award
Graduate Diploma in Social Science
Master of Counselling

### Credit Points
10

### Core/Elective
Core - Master of Counselling

### Pre/co-requisites
Nil

### Modes
Internal
Intensive

### Delivery/Contact hrs
**Internal**
- Lectures and Tutorials: 39 hours
- Reading, study and preparation for lectures: 39 hours
- Assignment preparation: 52 hours
- TOTAL: 130 hours

**Intensive**
- Intensive contact hours: 35 hours
- Reading, study and preparation for intensive: 43 hours
- Assignment preparation: 52 hours
- TOTAL: 130 hours

### Teaching Staff
Christopher Brown

### Unit Rationale
Research into the effectiveness of counselling and other people-helping interventions clearly demonstrates that the strength of the therapeutic relationship is a key predictor of satisfactory outcomes. In turn, the relationship between counsellor and client is largely reliant on the personal qualities and style of the counsellor. This unit is concerned therefore with the relational and ontological foundations of interpersonal communication as it exists within the therapeutic encounter. The focus is on extending the student’s capacity to companion troubled people in ways that are hospitable, authentic, compassionate, non-judgemental, non-directive and helpful. Particular emphasis will be given to extending existing capacities, experiences and ways of knowing in order to walk more deeply with others. The metaphor of companioning is used as the unit addresses foundations rather than specific and advanced techniques of counselling.

Students also process understanding of the self, issues arising from the interaction of the family of origin, and personality as contexts for exploring personal areas of strength and weakness. Further, at postgraduate level, it is important for students to understand and personally integrate the principles and skills of reflective practice for the purpose of ongoing critique and constructive modification of their practice.

### Learning Outcomes:
On completion of this unit students will have provided evidence that they have:

1. Identified aspects of their own knowing, relational capacities and developing experience of walking with people through deeper issues in their lives;
2. Described the use of listening and reflective capacities with particular awareness of the use of intra- and inter-subjective responses in working with the story of another person;
3. Integrated a high level of awareness of self and personal reflection skills to develop a capacity to join with the other in the establishment of a safe and therapeutic space;
4. Developed a particular sensitivity towards, and capability to join with and to learn from people who experience marginalisation, oppression and exclusion;
5. Understood and integrated skills required to progressively reflect on their contribution to the quality and efficacy of the therapeutic encounter;
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.

Content:

<table>
<thead>
<tr>
<th>No.</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Introduction</td>
</tr>
<tr>
<td>2</td>
<td>The metaphor of companioning I</td>
</tr>
<tr>
<td>3</td>
<td>The metaphor of companioning II</td>
</tr>
<tr>
<td>4</td>
<td>Reaching with courage and honesty to the innermost self I</td>
</tr>
<tr>
<td>5</td>
<td>Reaching with courage and honesty to the innermost self II</td>
</tr>
<tr>
<td>6</td>
<td>Reaching out to the other I</td>
</tr>
<tr>
<td>7</td>
<td>Reaching out to the other II</td>
</tr>
<tr>
<td>8</td>
<td>Reaching out to the other III</td>
</tr>
<tr>
<td>9</td>
<td>Being open to Jesus of Nazareth as companioning guide I</td>
</tr>
<tr>
<td>10</td>
<td>Being open to Jesus of Nazareth as companioning guide II</td>
</tr>
<tr>
<td>11</td>
<td>Fostering an action-prayer-reflection rhythm as basic to interpersonal encounters I</td>
</tr>
<tr>
<td>12</td>
<td>Fostering an action-prayer-reflection rhythm as basic to interpersonal encounters II</td>
</tr>
<tr>
<td>13</td>
<td>Principles and skills of the ‘reflective practitioner’</td>
</tr>
</tbody>
</table>

Set Text Requirements:


Recommended Readings:


**Journals**

*Journal of Psychology and Theology*

*Journal of Psychology and Christianity*

*Presence*

*Conversations*

**Assessment:**

80% attendance at scheduled classes and regular participation in the forum discussions on the unit’s [Moodle™](#) site (as applicable) are required in order to achieve a pass in this unit.

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Topic/s</th>
<th>Learning Outcomes assessed</th>
<th>Week Due</th>
<th>Weighting</th>
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</thead>
<tbody>
<tr>
<td>Recorded interview and process report</td>
<td>Present a recording, annotated transcript and process report of one interpersonal communication encounter.</td>
<td>2-6</td>
<td>Internal: Week 9 Intensive: Two weeks after first session</td>
<td>35%</td>
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<tr>
<td>Interview: 30 mins</td>
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<tr>
<td>Transcript and report: 2000 words</td>
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<tr>
<td>Creative Folio</td>
<td>Construct a creative folio discussing developments in your style of interpersonal communication and capacity to walk more deeply with others with reference to appropriate themes from the unit. The folio must include explanation of how you will employ the principles and practices of reflective practice in the context of the therapeutic encounter on an ongoing basis.</td>
<td>1-6</td>
<td>Internal: Week 12 Intensive: Two weeks after second session</td>
<td>35%</td>
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<tr>
<td>2000 words</td>
<td></td>
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<tr>
<td>Reflective Essay</td>
<td>Write of your reflections on your own personality and patterns of relationship in your family of origin. Draw on relevant themes explored in the course and apply these to your capacity to journey authentically with others.</td>
<td>1, 3, 5, 6</td>
<td>Week 14</td>
<td>30%</td>
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<tr>
<td>1500 words</td>
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<tr>
<td>Workbook Exercises</td>
<td>Complete at least 12 weekly workbook exercises as a requirement to pass this unit. These will be assessed pass/fail.</td>
<td>1-6</td>
<td>Week 14</td>
<td>N/A</td>
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