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: Child and Adolescent Issues

Unit Code: HB382

Award: Bachelor of Social Science
Bachelor of Social Science (Counselling)

Credit Points: 10

Core/Elective: Elective

Pre/co-requisites: CO282 Major Issues in Counselling
10 credit points of advanced Human Behaviour or Counselling units

Modes: Internal
External

Delivery/Contact hrs

Internal
Lectures and Tutorials 39 hours
Reading, study and preparation for lectures 39 hours
Assignment preparation 52 hours
TOTAL 130 hours

External
Engagement with study materials 78 hours
Assignment preparation 52 hours
TOTAL 130 hours

Teaching Staff: Kathleen Mooney

Unit Rationale: With the changing profile of families has come an increased need for counselling of children and adolescents. The counselling of these clients has necessitated a focus on issues which are particularly relevant for these age groups, as well as an understanding of the differences in the counselling process when working with young people. Some counsellors will practice in contexts in which children and or adolescents will be the major clientele. Others may counsel mostly adults but help children and adolescents as part of the overall process.

Therefore, this unit focuses on the major issues that counsellors of children and adolescents face, and provides foundations for helping this particular group as students examine these issues and analyse the interrelationship between physical, social, emotional, psychological and spiritual factors, and dysfunctional behaviours.

Learning Outcomes:

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

1. Explained developmental processes which children and adolescents undergo;
2. Identified major issues faced by children and adolescents and major counselling models applied with young people;
3. Understood the differences in process, relationship and ethical issues present in counselling children and adolescents;
4. Evaluated responses to major issues in the light of Biblical and professional principles and ethics;
5. Described, demonstrated and analysed the counselling strategies to be used in counselling age groups experiencing these issues;
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>
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<tbody>
<tr>
<td>1</td>
<td>Child development</td>
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<tr>
<td>2</td>
<td>Play therapy</td>
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<tr>
<td>3</td>
<td>Art therapy</td>
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<td>4</td>
<td>Using art with constructive therapies</td>
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<td>5</td>
<td>Children and adolescents experiencing grief and loss</td>
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<td>6</td>
<td>Introduction to sandplay</td>
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<td>7</td>
<td>Sandplay with children, adolescents and families</td>
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<td>8</td>
<td>Counselling adolescents</td>
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<td>9</td>
<td>Counselling adolescents – Glasser Choice Theory</td>
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<td>10</td>
<td>Trauma and abuse</td>
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<td>11</td>
<td>Friendship issues</td>
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<td>12</td>
<td>Ethical issues in counselling young people</td>
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<tr>
<td>13</td>
<td>Integrating a Christian worldview</td>
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Set Text Requirements:


or


Recommended Readings:


**Journals**

*Journal of Psychology and Theology*
*Journal of Psychology and Christianity*
*Journal of Infant, Child and Adolescent Psychotherapy*
*Journal of Counselling and Development*

**Assessment:**

<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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<tbody>
<tr>
<td><strong>Case Study</strong></td>
<td>Write a response to a case study, provided by the lecturer, that describes the issues of a child or young person who presents for counselling. Identify the issues present in the case, including ethical dimensions, and critically apply a particular type of therapy used with children and/or adolescents to the case.</td>
<td>1-6</td>
<td>Week 8</td>
<td>40%</td>
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<tr>
<td><strong>Research paper</strong></td>
<td>Describe, synthesise and critically analyse current counselling interventions relevant to one area of working with young people.</td>
<td>1-6</td>
<td>Week 13</td>
<td>60%</td>
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