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# Nature Care College

## Counselling & the Therapeutic Relationship

<b>DESCRIPTION</b>	This unit describes the nature and the dimensions of the therapeutic relationship, the role of the counselor and the counselling process. The key aspects to be explored are the counselor's use of self, transference and counter transference, therapeutic boundaries and ethics. The unit explores how the concept of "healing through meeting" has become pivotal to the counselling process.	
<b>DURATION</b>	24 hours	
<b>LEARNING OUTCOMES</b>	By the conclusion of the module, the student should be able to: <ol style="list-style-type: none"> <li>1. Identify and understand the dimensions of the therapeutic relationship and its importance in the healing process.</li> <li>2. Demonstrate an understanding of key relational concepts such as : therapist's use of self, transference and counter-transference and the "I -Thou" principle,</li> <li>3. Demonstrate an understanding of the importance of values and biases, ethics and boundaries in the therapeutic relationship and within the multicultural, gender sensitive context.</li> <li>4. Demonstrate the capacity to facilitate the counselling relationship.</li> <li>5. Identify personal and professional issues that may impact on the therapeutic relationship and process.</li> <li>6. Reflect on own involvement in counselling, including reactions, responses, emotional involvement, objectivity, areas of self-deception and influencing the counselling process.</li> <li>7. Demonstrate the ability to work within a structured counselling framework.</li> <li>8. Demonstrate an ability to assist clients in clarifying their therapeutic expectations.</li> </ol>	
<b>TEACHING METHOD</b>	Lecture presentations, class discussions, experiential exercises, DVD's, role-plays.	
<b>ASSESSMENT</b>	Reflective Assignment Practical Assessment: Peer assessment Attendance at 1 Counselling Session	Due Week 11 Ongoing observation by teacher Due Week 12 Due Week 12
	<b>Pass mark: 60%</b> <b>Each component must be successfully completed in order to pass this module.</b> <b>No grades available</b>	
<b>ATTENDANCE</b>	80% minimum	
<b>PRE-REQUISITES</b>	Nil	
<b>CO-REQUISITES</b>	Counselling 1A, Introduction to the Holistic Perspective.	
<b>MATERIALS REQUIRED</b>	Notebook, pen	
<b>TEXTBOOKS</b>	<b>Compulsory</b> Gerald Corey: Theory and Practice of Counselling and Psychotherapy	

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## WEEK-BY-WEEK OUTLINE

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<b>WEEK 1</b>	Introduction to the course, assessments, journaling, group contract. Definitions of Counselling The role of the Counsellor Homework : Reading Compulsory Textbook <i>Chapter 7, The Person –Centred Approach (Theory &amp; Practices of Psychotherapy)</i>
<b>WEEK 2</b>	Models of Counselling Carl Rogers : The Person -Centred Approach Refer to Compulsory Text Book <i>Chapter 7, G. Corey Theory &amp; Practice of Psychotherapy</i>
<b>WEEK 3</b>	The qualities of the Counsellor
<b>WEEK 4</b>	The Counselling Framework The Phases of Counselling ( Beginnings, Middle, Endings)
<b>WEEK 5</b>	The initial session <i>Corey Video “The Art of Integrative Counselling” Session 1 : The Beginning of Counselling</i> Role Play : The Initial session
<b>WEEK 6</b>	The Therapeutic Relationship The Therapeutic Frame Healing through meeting, “I -thou, I – It”
<b>WEEK 7</b>	The Counsellor in Relationship Issues faced by beginning counsellors
<b>WEEK 8</b>	The Client in Relationship Unhelpful patterns in Counsellor Role
<b>WEEK 9</b>	Therapeutic Boundaries Empathy, Sympathy, projection, identification, transference, Counter-transference
<b>WEEK 10</b>	Counsellor’s use of self Understanding and dealing with resistance Role Play
<b>WEEK 11</b>	Values , Ethics and Boundaries in Practice
<b>WEEK 12</b>	Review & Assessment

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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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