



Nature Care College

Counselling Skills Practice A

DESCRIPTION

In this unit students reflect and improve upon their counseling skills and approaches in full length counseling sessions. Students will receive feedback from peers and their supervisor. It involves intensive practice in developing the students' ability to be client-centred and to work experientially and holistically in order to facilitate the client's actual movement towards resolution of his/her issues. This unit eases the transition into videotaped work in Counselling Skills Practice B and Clinic.

DURATION

24 hours

LEARNING OUTCOMES

By the conclusion of this workshop, participants should be able to:

1. Demonstrate the capacity to reflect upon and openly discuss their current professional strengths, limitations and needs, and to specify a plan to address these.
2. Demonstrate the capacity to appropriately respond to feedback from the client, peers and supervisor and to use this feedback to make constructive and appropriate changes in their counselling practice.
3. Demonstrate and give constructive feedback on various counselling skills, behaviour and clinical approaches as being appropriate or inappropriate, effective or ineffective, whilst observing fellow students in counselling role-plays.
4. Demonstrate an emerging capacity to engage and empathetically hold the client through a change process that facilitates the client's movement towards resolution by adopting a client-centred, holistic and experiential orientation.

Demonstrate an emerging capacity to reflect upon personal, professional and ethical issues within the therapeutic relationship.

TEACHING METHOD

Experiential counseling skills training, supervision, feedback from peers and self-reflection.

ASSESSMENT

Practical Assessment : Ongoing observational assessment by teacher/supervisor.

Written self – evaluation assignment due week 12

Pass mark 60%

Each component must be successfully completed in order to achieve competency

COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the Community Service Training Package CHC08 Unit of Competency CHCCSL509A
ATTENDANCE	80% minimum
PRE-REQUISITES	Counselling 1A, Counselling and the Therapeutic Relationship, Introduction to the Holistic perspective, Counselling 1B, Counselling Theories, Emotional Development & Healing.
CO-REQUISITES	Transpersonal Counselling in Practice, Ethics Cultural Diversity & Referral.
MATERIALS REQUIRED	Notebook, pen
TEXTBOOKS	Compulsory: Nil Recommended Reading / References: Nil

Week by Week Outline

WEEK 1	Introduction and overview to the course. Group contract. Review of Counselling 1a and Counselling 1b.
WEEK 2	Overview of the Reflecting Team Model Review and exploration of Personal Position Statement Skills practice – 15 minutes in triads
WEEK 3	Signs of Movement in the Client Introduction to Mindfulness and working in the Here-and-Now
WEEK 4	The role of supervision in counselling practice Skills practice – 20 minutes in triads
WEEK 5	Devise self-development plan and set realistic goals for skills improvement Skills practice in pairs
WEEK 6	Values, beliefs and behaviour – self evaluation and reflection Skills practice in triads
WEEK 7	Reflection of learning style Skills practice in triads
WEEK 8	Case Study Class reflection and exploration
WEEK 9	Fishbowl Self reflection
WEEK 10	30 minute role plays & feedback
WEEK 11	30 minute role plays & feedback
WEEK 12	30 minute role plays , feedback and Assessment finalising

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.