



Nature Care College

Counselling Skills Practice B

DESCRIPTION	In this unit students continue to reflect and improve upon their counselling skills and approaches whilst being videotaped. Students more comprehensively explore their emerging counselling style within the therapeutic relationship. Students receive feedback from peers and their supervisor and use the video recording to gain more self-awareness in their therapeutic role. This unit is designed to promote further development as a counsellor and to ensure student readiness for working with clients in the Nature Care College Clinic.
DURATION	24 hours
LEARNING OUTCOMES	By the conclusion of this workshop, participants should be able to: <ol style="list-style-type: none"> 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, supervisor and video-viewing and to use this information to make constructive changes in their counselling practice. 3. Demonstrate and give constructive feedback to peers on various counselling skills, behaviour and approaches. 4. Demonstrate a capacity to engage and empathetically hold a client through a change process that facilitates the client's movement towards resolution by adopting a client-centred, holistic and experiential orientation. 5. Demonstrate a capacity to reflect upon personal, professional and ethical issues within the therapeutic relationship.
TEACHING METHOD	Experiential skills training, supervision, feedback from peers, video viewing and self-reflection.
ASSESSMENT	<p>Practical Assessment: Ongoing observational assessment by teacher/supervisor.</p> <p>Counselling Student Self Reflection</p> <p>Due the week following student's recorded session 40%</p> <p>This component must be passes at 60% in order to pass the subject.</p> <p>Observation of counselling skills during recorded role-plays</p> <p>Ongoing assessment throughout the unit of study 60%</p> <p>Every component must be achieved in order pass the subject.</p>
COMPETENCIES	Successful completion of this unit of study will achieve partial completion of the following Unit of Competency within the Diploma of Counselling (CHC51708):: CHCCSL509A- Reflect and improve upon counselling skills
ATTENDANCE	80% minimum.
PRE-REQUISITES	Counselling 1A, Introduction to the Holistic Perspective, Counselling & The Therapeutic Relationship, Counselling Theories, Emotional Development and Healing, Counselling 1B, Transpersonal Counselling in Practice, Ethics, Cultural Diversity and Referral, Counselling Skills Practice A.
CO-REQUISITES	Attachments, Addiction & Change, Relationship Issues.
MATERIALS	Notebook, pen, DVD disc and video recorder, tripod.

TEXTBOOKS**Compulsory:** Nil**Recommended Reading / References:** Nil

SESSION-BY-SESSION OUTLINE

WEEK 1

Introduction and overview to the course.

Read, check and sign off assessment pack.

Group contract.

Review skills from Year 1

Review of the Reflecting Team Model

Discussion of situations or types of clients which the students would find confronting or challenging.

Introduction to use of DVD recorder set up.

WEEK 2Recorded 2 x 30mins hypothetical role-plays / Feedback.
discussion

WEEK 3Recorded 2 x 30mins hypothetical role-plays / Feedback.
discussion

WEEK 4Recorded 2 x 30mins hypothetical role-plays / Feedback.
discussion

WEEK 5Recorded 2 x 30mins hypothetical role-plays / Feedback.
discussion

WEEK 61x 40mins recorded role-play / Feedback
Discussion

WEEK 72 x 40mins recorded role-plays/ Feedback

WEEK 81x 40min recorded role-play/ Feedback
Discussion

WEEK 92 x 40mins recorded role-plays / Feedback

WEEK 101x 40min recorded role-play / Feedback
Discussion

WEEK 111 x 40min recorded role-play / Feedback

WEEK 12

Assessment feedback from supervisor/trainer to each student

Overview of Course and orientation to term 2.
