

WEEK-BY-WEEK OUTLINE

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| WEEK 1 | Introduction to course and assessments <ul style="list-style-type: none">• History and overview of the different therapeutic approaches.• (CBT/REBT, Person-Centred, Existential Philosophy, Gestalt, Transactional Analysis) |
| WEEK 2 | Client-Centred Approach <ul style="list-style-type: none">• Key concepts, therapeutic process, therapeutic relationship, techniques & procedures.• DVD 12 minutes “Counselling Therapies” |
| WEEK 3 | CBT and REBT <ul style="list-style-type: none">• Key concepts, therapeutic process, therapeutic relationship, techniques and procedures.• DVD 12 minutes “Counselling Therapies” |
| WEEK 4 | Existential Philosophy Approach <ul style="list-style-type: none">• Key concepts, therapeutic process, therapeutic relationship. |
| WEEK 5 | Gestalt Therapy Approach <ul style="list-style-type: none">• Key concepts, therapeutic process, therapeutic relationship, techniques and procedures.• DVD 12 minutes “Counselling Therapies” |
| WEEK 6 | Transactional Analysis <ul style="list-style-type: none">• Key concepts, therapeutic process, therapeutic relationship, techniques and procedures.• Class exercise |
| WEEK 7 | Case study of Ruth in Gerard Corey’s DVD “The Art of Integrative Counselling”. <ul style="list-style-type: none">• Application of Maslow and Erickson’s personality development theory to the case of Ruth. |
| WEEK 8 | Introduction to the application of the therapeutic approaches in counselling. <ul style="list-style-type: none">• Cognitive Focus in Counselling. DVD and discussion• Role-play (assessment) |
| WEEK 9 | Emotive Focus in Counselling <ul style="list-style-type: none">• DVD and discussion• Role-play (assessment) |
| WEEK 10 | Behavioural Focus in Counselling <ul style="list-style-type: none">• DVD and discussion• Role-play (assessment) |
| WEEK 11 | An Integrative Perspective in Counselling <ul style="list-style-type: none">• DVD and discussion. |
| WEEK 12 | Course Review and Final Assessment |

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.