



Nature Care College

Relationship Issues

DESCRIPTION	This subject from the Diploma of Counselling describes the skills and knowledge required to analyse relationship function and dysfunction and to apply techniques for developing healthy relationships	
DURATION	24 hours	
LEARNING OUTCOMES	<p>By the conclusion of the unit of study students should be able to:</p> <ol style="list-style-type: none"> 1. Identify contrasting views of relationships, and describe key differences between individual and relational approaches to understanding human experience and behaviour. 2. Describe roles, and stages of development, growth, decline and dissolution of relationships. 3. Identify, describe and analyse communication and behaviours in terms of relationship dynamics, needs, challenges, crisis and conflicts 4. Apply communication and counselling skills in context of relationships for self and clients, including direct and indirect strategies for reducing conflict and enhancing relationships. 5. Identify and document the range of appropriate support services in the community to address relationship issues and needs. 	
TEACHING METHOD	Modified lectures, group and class discussion, experiential learning including practical skills sessions in pairs and small/whole group, simulations and self and facilitator guided reflections.	
ASSESSMENT	Participation in discussions and small group exercises. Assignment: Case Study Formative Examination Process Attendance at 1 Counselling Session	Ongoing Due: Session 3 Due: Session 3 Due: Session 3
ATTENDANCE	80% minimum.	
PRE-REQUISITES	Counselling 1A, Introduction to the Holistic Perspective, Counselling and The Therapeutic Relationship, Counselling Theories, Emotional Development and Healing, Counselling 1B, Transpersonal Counselling in Practice, Ethics, Cultural Diversity and Referral, and Counselling Skills in Practice A.	
CO-REQUISITES	Attachments, Addiction and Change and Counselling Skills in Practice B.	
MATERIALS	Notebook, pen	

TEXTBOOKS	<p>Compulsory: Nil.</p> <p>Recommended Reading / References: William Wilmot <i>Relational Communication</i> 1995 McGraw Hill Thomas Moore <i>Soul Mates</i> 1994, Harper Perennial New York John Welwood, <i>Journey of the Heart</i> 1995, Thorsons. London Ralph Metzner, <i>Green Psychology</i> 1999, Park St Press. Vermont Joanna Macy and Molly Young Brown, <i>Coming Back to Life</i>, 1998 New Society Publishers. Canada John Stewart (Editor), <i>Bridges Not Walls</i> 7th Ed 1999 McGraw-Hill College USA Connie Zweig and Jeremia Abrams (editors) <i>Meeting the Shadow</i>, 1991 Penguin Puntnam Inc New York</p>
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COMPETENCIES PARTIAL COMPLETION	<p>This subject is in full completion of the following competency/competencies within the Diploma of Counselling (CHC51708): CHCCSL510A-Work effectively with relationship issues</p>
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SESSION-BY-SESSION OUTLINE

SESSION 1	<p>Introduction to the course: orientation: course overview.</p> <p>Theoretical perspectives on relationships. From conventional traditional views to holistic psycho spiritual dimensions. Alternate cultural views of human and ecological relationships.</p> <p>Developing and acting on holistic notions of relationship from the personal to global dimensions. Visions for the future.</p> <p>The self in relationship. Issues of identity and self-concept. The role of family, community and the earth. Developing student projects.</p>						
SESSION 2	<p>Ego boundaries in relationships and the shadow self. Destructive and toxic aspects of relationships, co-dependency.</p> <p>Types and contexts of relationships: Intimate, social environmental. Assessing strengths and vulnerabilities.</p> <p>Developmental phases and relationship dynamics over time. Understanding differing needs according to stages.</p> <p>Patterns games and cycles in relationships. Identifying and responding to positive and negative communication spirals.</p>						
SESSION 3	<p>Symptoms and causes of relationship breakdown. Promoting self and relationship responsibility.</p> <p>Healing relationships through inner dialogue work and visioning. Personal and planetary recovery processes.</p> <p>Specific communication strategies and skills for healing and enhancing relationships. Therapeutic modes of being including immediacy self disclosure and openness.</p> <table border="0" style="width: 100%;"> <tr> <td>Assignment: Case Study</td> <td style="text-align: right;">Due: Session 3</td> </tr> <tr> <td>Formative Examination Process</td> <td style="text-align: right;">Due: Session 3</td> </tr> <tr> <td>Attendance at 1 Counselling Session</td> <td style="text-align: right;">Due: Session 3</td> </tr> </table>	Assignment: Case Study	Due: Session 3	Formative Examination Process	Due: Session 3	Attendance at 1 Counselling Session	Due: Session 3
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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.
