

PSYC6502: Counselling and Psychological Intervention

Callaghan

Semester 1 - 2024



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

OVERVIEW

Course Description	A key role of psychologists is to help people with their problems. In this course you will learn the basics of therapeutic interactions with clients, including the establishment and maintenance of therapeutic alliances, history taking, counselling, motivational interviewing, cognitive behaviour therapy, and treatment termination. Teaching methods utilise skills workshops and seminar.
Requisites	This course is only available to students enrolled in the Master of Professional Psychology [40117], the Master of Clinical Psychology [40187], or the Doctor of Philosophy (Clinical Psychology) [11539].
Assumed Knowledge	It is assumed that students will have completed a four-year program in Psychology which has been accredited by the Australian Psychology Accreditation Council (APAC).
Contact Hours	Callaghan Seminar Face to Face on Campus 3 hour(s) per Week for Full Term
Unit Weighting	10
Workload	Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10-unit course.

COURSE OUTLINE

CONTACTS

Course Coordinator	Callaghan A/Prof. Sean Halpin Sean.Halpin@newcastle.edu.au (02) 4921 6319 Consultation: By appointment
Teaching Staff	Other teaching staff will be advised on the course Canvas site.
School Office	School of Psychological Sciences W210 - Behavioural Sciences Building Callaghan psyc-admin@newcastle.edu.au +61 2 4921 5505

SYLLABUS

Course Content	<ul style="list-style-type: none">• Formation and maintenance of therapeutic relationships.• History taking• Basic counselling skills• Motivational interviewing• The behavioural components of cognitive behavioural therapy• The cognitive components of cognitive behavioural therapy• Treatment termination• Interventions with couples and groups• Resolving challenges to the therapeutic alliance
Course Learning Outcomes	<p>On successful completion of this course, students will be able to:</p> <ol style="list-style-type: none">1. Form therapeutic contracts and establish therapeutic relationships with individuals, couples, and groups. (Competencies 3.3, 3.6, 4.2.2iv)2. Facilitate their clients' definitions and explorations of their problems. (Competencies 3.6, 3.7, 3.9, 4.2.3i, 4.2.3ii)3. Promote their clients' commitment to change through the use of motivational interviewing. (Competencies 3.2, 3.7, 3.9, 4.2.2iv,)4. Effectively use the main techniques of cognitive behavioural therapy. (Competencies 3.2, 3.7, 3.9, 4.2.2iv)5. Deal effectively with common challenges to the therapeutic relationship including issues related to ensuring public safety within professional practice. (Competencies 3.3, 4.2.3.ii)6. Demonstrate accurate self-reflection on their applied clinical skills. (Competencies 3.14, 3.15)7. Critically evaluate contemporary scientific literature to inform practice. (Competency 3.16)8. Interpret and communicate findings in writing using culturally appropriate language. (Competency 3.8)
Course Materials	<p>Recommended Text:</p> <ul style="list-style-type: none">- Beck, J. S. (2021). <i>Cognitive behaviour therapy: Basics and beyond</i> (3 ed.). New York: Guilford.- Geldard, D., Geldard, K., & Foo, R. Y. (2021). <i>Basic personal counselling: A training manual for counsellors</i> (9 ed.). Frenchs Forest, NSW: Pearson Education.- Lukas, S. (2012). <i>Where to start and what to ask: An assessment handbook</i>. New York, NY: W. W. Norton.- Miller, W. R., & Rollnick, S. (2023). <i>Motivational Interviewing</i> (4 ed.). New York, NY: Guilford.- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2016). <i>Clinical Interviewing</i> (6 ed.). Hoboken, NJ: Wiley.

COMPULSORY REQUIREMENTS

In order to pass this course, each student must complete ALL of the following compulsory requirements:

Course Assessment Requirements:

- Assessment 1 - Project: Pass Requirement - Students must pass this assessment item to pass the course. Students must pass this assessment task to gain a pass in this course.
- Assessment 2 - Written Assignment: Pass Requirement - Students must pass this assessment item to pass the course. Students must pass this assessment task to gain a pass in this course.
- Assessment 3 - Written Assignment: Pass Requirement - Students must pass this assessment item to pass the course. Students must pass this assessment task to gain a pass in this course.

SCHEDULE

Week	Week Begins	Topic	Learning Activity	Assessment Due
1	26 Feb	Course Orientation; Introduction to Personal Development I: Self-awareness.	Seminar - A/Prof Sean Halpin Practical self-awareness exercises.	
2	4 Mar	History taking and the Mental Status Examination.	Seminar - A/Prof Sean Halpin MSE and History Taking practice	
3	11 Mar	Counselling: joining and listening; reflecting content and feeling; questions and statements; probes; and summarising.	Seminar - A/Prof Sean Halpin then 5.30pm - 7pm practical session with clinical psychologists	
4	18 Mar	Counselling: basic empathy; advanced accurate empathy; respect; genuineness; immediacy; challenging.	Seminar - A/Prof Sean Halpin then 5.30pm - 7pm practical session with clinical psychologists	
5	25 Mar	Motivational Interviewing.	Seminar - A/Prof Sean Halpin Examples of MI in practice	
6	1 Apr	Personal Development: Biases, use of self in therapy.	Seminar - A/Prof Sean Halpin Practical self-development activities	
7	8 Apr	Introduction to CBT: Theoretical Model and Rationale; Practical Considerations; Collaborative Goal Setting; Stages of Treatment	Lecture - A/Prof Sean Halpin	Assessment 1 - Recorded counselling session with self-reflective report
Mid Term Break				
Mid Term Break				
8	29 Apr	CBT for Depression: Understanding Depression from a CBT perspective; Automatic negative thoughts; mood ratings and thought monitoring; activity scheduling; behavioural experiments; sleep cycle.	Seminar - A/Prof Sean Halpin then 5.30pm - 7pm practical session with clinical psychologists	
9	6 May	CBT for Anxiety: Understanding anxiety from a CBT perspective; Challenging automatic thoughts; somatic	Seminar - A/Prof Sean Halpin then 5.30pm - 7pm practical session with clinical psychologists	Assessment 2 - Treatment Plan I Motivational Interviewing

		awareness; relaxation; exposure hierarchies; avoidance and safety behaviours; OCD and exposure and response prevention.		
10	13 May	CBT for Children; CBT in Groups.	Seminar - A/Prof Sean Halpin Brainstorming and resource sharing session	
11	20 May	Challenges to the Therapeutic Relationship and Treatment Termination.	Seminar - A/Prof Sean Halpin Termination activities	
12	27 May	Group Psychotherapy: An Introduction.	Group therapy planning session - A/Prof Sean Halpin	Assessment 3 - Treatment Plan II Cognitive Behavioural Therapy
13	3 Jun			
Examination Period				
Examination Period				

ASSESSMENTS

This course has 3 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Recorded counselling session with self-reflective report*	10 April 2024, 4pm	Individual	50%	1, 2, 6
2	Treatment Plan I Motivational Interviewing*	8 May 2024, 4pm.	Individual	25%	1, 2, 3, 5, 7, 8
3	Treatment Plan II Cognitive Behavioural Therapy*	29 May 2024, 4pm.	Individual	25%	1, 2, 4, 5

* This assessment has a compulsory requirement.

Late Submissions

The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

Assessment 1 - Recorded counselling session with self-reflective report

Assessment Type Purpose

Project

This assessment allows students to form a therapeutic relationship with an individual; demonstrate their basic counselling skills; and facilitate the client's definition and exploration of the presenting problem. The written self-reflective report of the session allows students to demonstrate their capacity to reflect upon the counselling skills they employed.

Description Weighting Compulsory Requirements Length

Video recording with 15-minute transcript plus self-reflective report of 1000 words

50%

Pass Requirement - Students must pass this assessment item to pass the course.

Self-Reflective Report: 1000 words. Word limits include headings, sub-heading, in-text citations, quotes and referencing but does not include the list of references, appendices and footnotes. The word limit will allow a tolerance of 10% and any work after the maximum word limit will not be included within the allocation of marks. In other words, the marker will STOP reading at 1100 words

Due Date

10 April 2024, 4pm

Submission Method	Online - Video Recording to be uploaded to a shared University OneDrive folder. Transcript and Self-Reflective Report must be submitted as a word document (not pdf) via Canvas.
Assessment Criteria	A detailed grading rubric for this assignment will be provided to students in class and will also be available on Canvas.
Return Method	Online
Feedback Provided	Online - 1 May 2024.
Opportunity to Reattempt	Students WILL be given the opportunity to reattempt this assessment. Students may be permitted to re-attempt one failed compulsory course requirement and can achieve a maximum possible mark of 50% for that assessment item.

Assessment 2 - Treatment Plan I Motivational Interviewing

Assessment Type	Written Assignment
Purpose	This assessment allows students the opportunity to demonstrate their knowledge of the sequence and key components of a Motivational Interviewing intervention.
Description	Students will be provided with a written case study of around half a page in length. This will be provided in class and will also be available on Canvas. The case will be labelled "Motivational Interviewing Client". Students will then be asked to write a treatment plan for the client based on the following prompt: Prepare a treatment plan for this client, addressing important factors that need to be considered at the following stages of therapy: Initial assessment; Intervention; Termination. For each stage of therapy, describe one possible challenge to therapy, and suggest an evidence-based strategy to overcome this challenge. Ensure that you demonstrate how you would judge the success of your intervention.
Weighting	25%
Compulsory Requirements	Pass Requirement - Students must pass this assessment item to pass the course.
Length	1000 Words. Word limits include headings, sub-heading, in-text citations, quotes and referencing but does not include the list of references, appendices and footnotes. The word limit will allow a tolerance of 10% and any work after the maximum word limit will not be included within the allocation of marks. In other words, the marker will STOP reading at 1100 words
Due Date	8 May 2024, 4pm.
Submission Method	Online - Assignment must be submitted as a word document (not pdf) via Canvas.
Assessment Criteria	A detailed grading rubric for this assignment will be provided to students in class, and will also be available on Canvas.
Return Method	Online
Feedback Provided	Online - 29 May 2023. Assessment feedback will provided via Canvas.
Opportunity to Reattempt	Students WILL be given the opportunity to reattempt this assessment. Students may be permitted to re-attempt one failed compulsory course requirement and can achieve a maximum possible mark of 50% for that assessment item.

Assessment 3 - Treatment Plan II Cognitive Behavioural Therapy

Assessment Type	Written Assignment
Purpose	This assessment allows students the opportunity to demonstrate their knowledge of the sequence and key components of a Cognitive Behavioural Therapy intervention.
Description	Students will be provided with a written case study of around half a page in length. This will be provided in class and will also be available on Canvas. The case will be labelled "Cognitive Behavioural Therapy Client". Students will then be asked to write a treatment plan for the client based on the following prompt: Prepare a treatment plan for this client, addressing important factors that need to be considered at the following stages of therapy: Initial assessment; Intervention; Termination. For each stage of therapy, describe one possible challenge to therapy, and suggest an evidence-based strategy to overcome this challenge. Ensure that you demonstrate how you would judge the success of your intervention.
Weighting	25%
Compulsory Requirements	Pass Requirement - Students must pass this assessment item to pass the course.

Length	1000 Words. Word limits include headings, sub-heading, in-text citations, quotes and referencing but does not include the list of references, appendices and footnotes. The word limit will allow a tolerance of 10% and any work after the maximum word limit will not be included within the allocation of marks. In other words, the marker will STOP reading at 1100 words
Due Date	29 May 2024, 4pm.
Submission Method	Online - Assignment must be submitted as a word document (not pdf) via Canvas.
Assessment Criteria	A detailed grading rubric for this assignment will be provided to students in class and will also be available on Canvas.
Return Method	Online
Feedback Provided	Online - 19 June 2024. Assessment feedback will provided via Canvas.
Opportunity to Reattempt	Students WILL be given the opportunity to reattempt this assessment. Students may be permitted to re-attempt one failed compulsory course requirement and can achieve a maximum possible mark of 50% for that assessment item.

ADDITIONAL INFORMATION

Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

Attendance

*Skills are those identified for the purposes of assessment task(s).

Attendance/participation will be recorded in the following components:

- Seminar (Method of recording: Attendance sheets will be kept each week)

Communication Methods

Communication methods used in this course include:

- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
- Email: Students will receive communications via their student email account.

Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

As a result of student feedback, the following changes have been made to this offering of the course:

- Due dates for the assessments have been altered to spread workload more evenly throughout the semester.

Oral Interviews (Vivas)	As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the Oral Examination (viva) Procedure . In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the Student Conduct Rule .
Academic Misconduct	All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students at the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to https://policies.newcastle.edu.au/document/view-current.php?id=35 .
Adverse Circumstances	<p>The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s). Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:</p> <ol style="list-style-type: none">1. the assessment item is a major assessment item; or2. the assessment item is a minor assessment item, and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system;3. you are requesting a change of placement; or4. the course has a compulsory attendance requirement. <p>Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at: https://policies.newcastle.edu.au/document/view-current.php?id=236</p>
Reasonable Adjustment Plan (RAP)	If you are registered with Accessibility and have been provided with a Reasonable Adjustment Plan (RAP), please ensure that you provide your Course Coordinator with a copy as soon you can or let your Course Coordinator know that you are still waiting for your RAP.
Important Policy Information	The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at https://www.newcastle.edu.au/current-students/no-room-for/policies-and-procedures that support a safe and respectful environment at the University.

This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified, and an amended course outline will be provided in the same manner as the original.

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