

Course Description

MEDD6248 Theories and Practices in Counselling and Group Guidance

Course description	
<p>The course examines theories and practices in counseling and group guidance in schools. Content will include the following topics: counseling in a school setting; counseling as a helping process; theoretical approaches to counseling; beginning and developing a counseling relationship; career counseling; assessment in counseling; ethical issues in counseling; theories of group guidance and their implementation in schools; group leadership skills; peer counseling; life skills and leadership training; large-group guidance in the classroom and beyond. Selected case studies of counseling and group guidance in local schools will be examined. The course is relevant to all teachers and guidance personnel who need to apply counseling skills in their teaching and guidance activities.</p>	
Course objectives	
<p>The primary aim of the course is to equip educators with sound knowledge regarding theories and practices in counseling and group guidance applicable in schools. The key objective is to acquaint participants with the basic concepts, principles, practical strategies, and research data on counselling and group guidance.</p>	
Course learning outcomes	Aligned programme learning outcomes (PLOs)
1. Ability to integrate counselling and group guidance principles and concepts in their work with students and parents	PLOs 1, 2
2. Appreciation of the need to develop appropriate attitudes and skills for effective counselling and group leadership in regular classrooms and beyond	PLO 2
3. Ability to discuss critical issues in implementing counselling and group guidance in schools in Hong Kong	PLOs 2, 4, 5
4. Acquire skills to act as peer consultant to others	PLO 2
5. Ability to plan, implement and evaluate a group guidance program in school settings	PLOs 3, 4, 5
6. Ability to work as a team member in a case study project	PLO 3
Course assessment methods	
<ul style="list-style-type: none">• Moodle forum discussion• Group Presentation• Individual assignment	
Course content and topics	
<ul style="list-style-type: none">• Course introduction• The counselor as a person; Counselling in schools• Counselling theories: an overview• Adlerian therapy• Therapeutic factors in groups• Group leadership• The counselling relationship• Person-centred therapy• Values and goals in counselling• Humanistic education/ invitational education• Case study II: Supporting students with special educational needs in Hong Kong schools• Reflections of an Educational Psychologist• Group process and group stages• REBT/ REE groups	

- Case study III: School-based counselling in Hong Kong primary and secondary schools
- The counseling process and skills
- Reality therapy and choice theory
- Solution focused brief therapy
- Counselling for career development
- Assessment in counseling
- BASIC model in assessment
- Ethical decision making in counselling and group guidance
- Story telling and career assessment
- Group guidance in schools: Termination, evaluation, and follow-up
- Synthesis

Required / recommended readings and online materials

Please refer to the course outline on Moodle

Other additional course information

Nil