

Course Description

MEDD8678 Counselling Process, Ethics and Skills

Course description		
<p>This course will introduce students to the basic processes, ethics and skills of counselling applicable in schools or other educational settings. Knowledge and understanding of how a counselling relationship develops over time (process) will be focused on and facilitated within a workshop style delivery. Personal development of the course participants will be encouraged through many opportunities to observe, practice skills and reflect on personal interaction and process. Topics will include skills for engaging students, assessment, goal setting and action planning, ethics in counselling, skills for developing helping relationship, skills in managing crisis, and skills for ending the counselling relationship. The course is relevant to all teachers and guidance personnel who wish to enhance their counselling competencies. Participants are expected to engage actively in experiential learning activities and reflection.</p>		
<p>Coursework / Examination ratio: <u>100</u> % Coursework, <u>0</u> % Examination</p>		
Course objectives		
<p>This course aims at developing the knowledge, skills and attitude of the participants in counselling students. Participants will learn basic counselling skills and knowledge. Besides, they will learn the professional code of ethics in counselling and the essential qualities of a counsellor.</p>		
Course learning outcomes		
<ol style="list-style-type: none"> 1. Apply some of the basic concepts and principles of counselling in helping students. 2. Appreciate and develop appropriate attitudes, ethics and skills for providing individual counselling and group guidance. 3. Participate in experiential learning activities and reflect on their learning. 		
Course assessment methods		
Assessment method	Weighting (%)	Aligned course learning outcome(s)
Class Participation	20	
Role Play	30	
Individual Reflection Paper	50	
Course content and topics		
<ul style="list-style-type: none"> - Introduction: Guidance and Counselling - Qualities of a good counselling teacher - Ethical issue: Confidentiality - Rapport: Developing helping relationship - Dealing with resistance - Ethical issue: Counseling relationship - Assessment - Ethical issue: Record keeping - Goal setting - Action planning - Ethical issue: Competence - Evaluation on effectiveness - Ending the counselling relationship - Ethical issue: Termination - Group Counseling - Ethical issue: Group Counseling - Grief Counseling - Counselor as a Whole Person - Ethical Issue: Self care 		
Required / recommended readings and online materials		
<ol style="list-style-type: none"> 1. Cochran, J. L., & Cochran, N. H. (2020). <i>The heart of counseling: Practical counseling skills through therapeutic relationships, 3rd ed.</i> Routledge. 2. Ivey, A.E., Ivey, M.B., & Zalaquett, C.P. (2018). <i>Intentional interviewing and counseling: Facilitating client development in a multicultural society.</i> 3. Kottler, J. A., & Kottler, E. (2015). <i>Counseling skills for teachers.</i> Simon & Schuster. 4. Magnuson, S., & Norem, K. (2014). <i>Essential counseling skills: Practice and application guide.</i> SAGE Publications. 5. Hong Kong Professional Counseling Association: The Code of Conduct 		

<http://www.hkpc.org.hk/>

6. [https://pediaa.com/difference between guidance and counselling/](https://pediaa.com/difference-between-guidance-and-counselling/)
7. [https://www.tripurauniv.ac.in/Content/pdf/StudyMaterialsDetail/MA%20Education%202nd%20Semester/EDCN 805E Guidance%20_%20Counselling%20in%20Education.pdf](https://www.tripurauniv.ac.in/Content/pdf/StudyMaterialsDetail/MA%20Education%202nd%20Semester/EDCN%20805E%20Guidance%20_%20Counselling%20in%20Education.pdf)
8. [https://positivepsychology.com/counseling skills/](https://positivepsychology.com/counseling-skills/)

Other additional course information

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