

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 student, 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>	
Course objectives	
<ol style="list-style-type: none">1. To learn the counseling knowledge and theories.2. To develop the counseling skills and apply it in supporting students.3. To cultivate the important qualities of a competent counseling teacher.	
Course learning outcomes (CLOs)	Aligned programme learning outcomes (PLOs)
1. Apply the basic concepts and principles of counselling in helping students and parents.	PLOs 1, 2
2. Appreciate and develop appropriate attitudes and skills for providing individual counselling and group guidance.	PLOs 4, 5
3. Participate in experiential learning activities and reflect on their learning.	PLOs 1, 3
Course assessment methods	
<ul style="list-style-type: none">• Class participation• Group presentation• Individual reflection paper	
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	

<ul style="list-style-type: none"> • Ethical Issue: Self care
Required / recommended readings and online materials
<p>Corey, M. S., & Corey, G. (2018). Groups: Process and practice. Cengage Learning.</p> <p>Hutchinson, D. R. (2022). The essential counselor: Process, skills, and Techniques. Cognella Academic Publishing.</p>
Other additional course information
Nil