PSYC12049 *Psychotherapies and Counselling*
Term 1 - 2025

Profile information current as at 05/09/2024 03:52 pm

General Information

Overview
In this unit you will be given a practical and research-based introduction to the major psychotherapies and counselling approaches used within the professional practice of psychology. The unit will develop your knowledge of the important theoretical and empirical basis of psychotherapy. You will develop awareness of common therapeutic and counselling strategies and the different reactions they may provoke from clients as part of the behaviour change process. The unit will also build practical and interpersonal skills that form the foundation of effective psychology practice, including micro-counselling skills, reflective practice and peer feedback and supervision. The unit will provide you with diverse opportunities to fully engage in content through role plays to practice these skills using case-based scenarios, and personal reflection on practice drawing on research evidence regarding effective counselling and therapeutic practice. Key elements of content covered in the unit include: psychotherapy theories, therapeutic intervention techniques, research in support of the various theories and techniques, and issues related to conducting ethical, culturally-sensitive and productive therapy.

Details
Career Level: *Undergraduate*
Unit Level: *Level 2*
Credit Points: *6*
Student Contribution Band: *10*
Fraction of Full-Time Student Load: *0.125*

Pre-requisites or Co-requisites
24 credit points including PSYC11010 or PSYC11008 or PSYC11009.
Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure (Higher Education Coursework)](#).

Offerings For Term 1 - 2025
- Adelaide
- Bundaberg
- Cairns
- Online
- Rockhampton

Attendance Requirements
All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website
[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

> Information for Class and Assessment Overview has not been released yet.
> This information will be available on Monday 13 January 2025

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).
You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student feedback from SUTE and during lectures, and personal (UC) observations

Feedback
The textbook had stronger relevance to the UK context and was less comprehensive compared to the lecture content. It did not appear to provide significant additional information beyond what was already covered in most modules.

Recommendation
Review the relevance and usefulness of readings in the textbook. Explore the feasibility of developing an e-reading list.

Feedback from Student feedback from SUTE, emails and personal Zoom meeting with students

Feedback
Students expressed challenges in communication and group collaboration with Assessment 2. In particular, student/s noted that they did not show empathy and understanding of schedule conflicts. This occurred despite the option for students to form their own groups.

Recommendation
Establish and communicate clear expectations for professional communication and standards for the group assessment prior to assembling groups.

Feedback from Student feedback from SUTE, student performance on assessments, and personal (UC) observation

Feedback
Students demonstrated difficulty in critically evaluating intervention and evaluation research and in the practical application of psychological theory for the purposes of clinical case formulation.

Recommendation
Review the lecture sequence and add information regarding research evaluation and the application of case formulation.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.
This information will be available on Monday 13 January 2025

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.
This information will be available on Monday 13 January 2025

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.
This information will be available on Monday 17 February 2025

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.
This unit profile has not yet been finalised.