

In Progress

Please note that this Unit Profile is still in progress. The content below is subject to change.



PSYC12049 *Psychotherapies and Counselling*

Term 1 - 2026

Profile information current as at 23/01/2025 12:31 pm

All details in this unit profile for PSYC12049 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

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 - 2026

- 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 12 January 2026

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 SUTE evaluation, verbal student feedback

Feedback

Students enjoyed the variety of lecturers presenting during the term.

Recommendation

Consider continuing to include a range of lecturers in the unit.

Feedback from SUTE evaluation

Feedback

Students enjoyed the practical application of material and workshop-style approach to lectures. However, some students indicated that having pre-recorded lectures and live tutorials would be less intensive than having live lectures and live tutorials.

Recommendation

Consider adjusting the delivery of lectures to include pre-recorded elements during weeks that are heavy in both content and practical application.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.

This information will be available on Monday 12 January 2026

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 12 January 2026

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.

This information will be available on Monday 16 February 2026

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.

This unit profile has not yet been finalised.