



## PREPARATORY SUBJECTS/MODULES

### E001 PREPARATION FOR POST-SECONDARY STUDY

Level 2: 0 cp 8 contact hours 1 term\*

Level 3: 0 cp 8 contact hours 1 term\*

Prerequisites: None.

This is a preparatory subject/module that is taken either before or during the first term of a course. It helps students to develop skills in study and academic expression that will facilitate all subsequent studies. Content includes: learning and motivation; time management; active study; academic reading - previewing, scanning, skimming, assessing, analysing; academic writing - background research, purpose, content, structure, presentation of papers; writing reviews and reports; and handling examinations.

\*This subject/module may be offered over a variety of time periods.

## CHRISTIAN COUNSELLING SUBJECTS

### CC101 COUNSELLING FOUNDATIONS

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: None.

This subject provides a biblical foundation for counselling and a biblical perspective on human psychological functioning, which will help counsellors and pastoral workers to recognise the root causes of many human problems. It considers both the need for, and the nature of, Christian counselling, addressing the following topics: differences between secular and Christian approaches to human personality and development; humanistic and Christian theories of anthropology; people as relational beings made in the image of God with personal, spiritual, rational, volitional and emotional qualities; the effects of sin on the human personality; the role of repentance in restoration; fostering the development of personal and relational wholeness; wellness and wholeness as conformity to the image of Christ and maturity in Christ; the roles of the Holy Spirit, the Scriptures and the church in this process; brief introduction to secular counselling theories - strengths, weaknesses and principles of integration with biblical perspectives; introduction to various approaches to biblical counselling; developing personal and appropriate styles for helping individuals grow through personal difficulties; and biblical examples of effective and ineffective people-helping.

### CC102 COUNSELLING SKILLS 1

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: None.

This subject assists the student to develop practical skills for more effective interpersonal communication. It explores: principles of communication; blocks to communication; active listening; non-verbals and verbals in communication; paralanguage; self-awareness; self-disclosure; assertiveness; conflict and conflict management; cultural context of counselling; cross-cultural communication, and principles of culture-sensitive counselling.

### CC103 INTRODUCTION TO MARRIAGE & FAMILY COUNSELLING

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: None

This subject examines the dynamics of healthy and unhealthy family relationships. Students are introduced to family systems approaches to counselling and explore the concept of the family life cycle. The following topics are addressed in detail: biblical and contemporary views of marriage and family; God's purpose for families; understanding and enriching the roles of parent and child; issues relating to gender and sexuality; biblical and contemporary views of family; helping people through common problems and counselling issues relating to family dynamics; introduction to general systems theory, including family systems; and genograms.



## **CC104 COUNSELLING SKILLS 2**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisite: CC102

This is a practical subject in which students learn to use counselling micro-skills and techniques based on particular therapeutic approaches for working with people in a counselling context. Topics include: identifying the client's problem; helping clients tell their stories, using the basic listening sequence; the skills of confrontation, focussing, reflecting meaning and identifying influencing skills or strategies for change; and using these skills to manage/address particular issues/problems, such as loneliness, low self-esteem, depression, stress, anger, conflict and assertiveness, abuse and addiction.

## **CC105 INTRODUCTION TO PSYCHOLOGY**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101

This subject provides a basic understanding of the nature, scope, models and theories of modern psychology, and an analysis of this understanding from a biblical perspective. Topics include: the nature of psychology; biological roots of behaviour; the developing person; sensation and perception; states of consciousness; learning; memory; thinking, language and memory; motivation; emotions; stress and health; personality; introduction to psychological disorders; psychological therapy; social psychology; social diversity; and the psychology of religion.

## **CC106 HUMAN LIFESPAN DEVELOPMENT**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisite CC101

This subject introduces students to the developmental processes and tasks that an individual is expected to accomplish over the lifespan, from conception to old age. Topics include the physical, intellectual, psychological, social and spiritual development of a person through the following stages of a typical life span: infancy and toddlerhood; early childhood; middle childhood; adolescence; young adulthood; middle adulthood; late adulthood; and the end of life.

## **CC201 INTRODUCTION TO COUNSELLING THEORY**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101 and CC105

This subject examines a variety of approaches to counselling, helping the student to recognise strengths and weaknesses in each, and to begin to develop a personal approach to counselling practice. Topics include: perspectives on the integration of psychology and theology; overview of psychodynamic, humanistic, developmental and cognitive/behavioural approaches to counselling, with an in-depth study of one model from each stream; counselling in the context of the church - historical and contemporary perspectives; theories and methods of contemporary Christian counsellors and their relationships to the streams of thought and practice listed above; and an in-depth study of the practical use of one model from each stream in Christian counselling. Case studies and role-plays will be used to illustrate and analyse common threads, principles and differences, and to provide experience in the use of different models.

## **CC202 GRIEF & LOSS COUNSELLING**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisite: None

This subject examines normal and pathological grief processes and provides insight and considerable practical instruction to help students minister to those who are suffering grief due to bereavement or other significant losses. Most of all of the following will be addressed: attachment theory and loss and the tasks of grieving; the nature and stages of grief - emotional, physical and interpersonal aspects; the nature and meaning of death - medical, cultural and biblical perspectives; the process of dying; relating to and meeting the needs of the dying and those caring for them; reasons for a funeral; a visit to a funeral parlour; various causes of grief reactions, including bereavement and other significant losses, e.g. loss of a child, loss of a spouse, suicide and murder, divorce, abortion,



loss of employment/vocation, loss of health or body parts, etc.; cultural patterns of grief and mourning; recognising the dimensions of the normal uncomplicated grief process and facilitating normal grieving; counselling in relation to the grief process and its various consequences; the needs of the dying, and the needs of those experiencing grief from various losses; helpful and unhelpful support, and specific support groups; abnormal grief reactions and their appropriate management; grief and family systems; strategies to prevent the counsellor becoming over-involved; the counsellor's personal grief; and case studies examining normal and abnormal grief responses, and grief responses in different settings, as well as grief responses caused by different sorts of significant losses.

### **CC203 MARRIAGE AND FAMILY THERAPY**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC103

This unit will help students to be able to describe, demonstrate and critique a number of models of marriage and family therapy counselling models. Students will be able to explain a range of common marital and family issues which would cause clients to present for counselling such sexual abuse, domestic violence and solo parenting. Topics will include various models such as: Structural Therapy; Strategic Therapy; Solution-Focused Brief Therapy; Cognitive-Behavioural Therapy; Narrative Therapy and Virginia Satir's Seed model

### **CC204 COUNSELLING THEORY & PRACTICE**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101, CC105 and CC201

This subject, extends the knowledge and skills gained in Theory & Practice 1 (2221) in relation to each of the major streams of counselling theory and practice, and explores various contemporary issues in counselling. Topics include: further exploration of the broad spectrum of approaches to counselling - humanistic, developmental and models not studied earlier in the course, and Christian expressions of these models; examination of various contemporary issues relevant to counselling; developing a personal model of counselling; relationships between counselling and the local church. Case studies and role-plays will be used to illustrate and analyse common threads, principles and differences between models, and to provide experience in the use of different models.

### **CC205 PROFESSIONAL ETHICS**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisite: CC104

This subject examines professional ethical issues in counselling and familiarises students with the ethical standards expected in professional counselling practice. Topics include: ethics versus Christian ethics and professional ethics; position, power and politics - ethical issues in relation to client rights and counsellor responsibilities; confidentiality and dual relationships - ethical issues in theory, practice and research; ethics in different counselling contexts; ethics - training, organisations and codes of practice; and other topics relating to ethical standards in counselling practice, in response to student needs.

### **CC301 COUNSELLING PRACTICUM**

Level 3: 12 cp 120+ contact hours 2 semesters

Prerequisites: CC201 CC204 CC205

This subject provides opportunities for the student to integrate theory and practice through supervised practical counselling experience in a counselling facility and to explore the services provided by a range of counselling and welfare agencies. The subject includes: supervised practical experience in counselling which offers opportunity for observation, counselling clients, reflection and critical supervision; educational visits to a number of counselling facilities; and on-campus sessions where issues raised by the above will be addressed. Each student will undertake a minimum of 40 client-centred counselling hours, 8 individual supervision hours and 32 tutorial hours, and will also participate in a variety of other field experiences/visits.



### **CC302 PSYCHOLOGICAL PROBLEMS**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101, CC105

This subject will assist students to recognise the signs of some psychological problems and to provide appropriate support, help or referral for individuals who suffer from these conditions and for their families. Most or all of the following are addressed, with special emphasis on issues relevant to the Christian counsellor: normality and abnormality; emotions; the nature and effects of anxiety, anger and guilt; self-esteem; specific functional and organic psychiatric disorders, e.g. depression, bipolar disorder, schizophrenia, anxiety disorders, dissociative disorders, eating disorders, Alzheimer's disease, alcoholic brain disease, other conditions affecting brain function; developmental and childhood disorders; and relationships between sin, sickness and weakness

### **CC303 COUNSELLOR SELF-CARE**

Level 3: 6 cp 40 contact hours 1 term

Prerequisites: CC201

This presents the rudiments of self-care for the counsellor, including the importance of setting boundaries, retreats and time alone, planning and the ability to say no. Practical suggestions for caring for oneself are explored and tested. Topics include: attendance at seminars and conferences; professional reading; self-care relating to the whole person; wellness; determining priorities; client load; the value of retreats; the place of prayer in a counsellor's life; the value of an active spiritual life; support networks; planning - daily, weekly, monthly; and the necessity and benefits of supervision.

### **CC304 INTRODUCTION TO GROUP WORK (THEORY AND PRACTICE)**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101, CC105, CC201

This subject provides the opportunity for students to gain an appreciation of the theoretical and practical framework that underpins group work and education. The subject includes: development and rationale for group work from historical and biblical perspectives. Specific topics include: group planning; stages of group development; interpersonal dynamics; techniques for facilitating different types of groups; counselling and therapy groups; groups for education; and personal development as group leaders and facilitators.

### **CC305 CROSS-CULTURAL COUNSELLING**

Level 3: 6 pc 40 contact hours 1 semester

Prerequisites: CC101

This subject helps to prepare students for the challenges of counselling in intercultural settings, increasing their awareness of various cultural factors that may profoundly influence the counselling process. Topics include: cross-cultural communication; biblical sensitivity; social and political influences – human experiences, human development; ethical issues; methods of conflict resolution in various cultures; and cross-cultural techniques. Students may have the opportunity to select a particular area of intercultural counselling for an in-depth focus.

### **CC306 COUNSELLING ADOLESCENTS AND YOUNG ADULTS**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC106

This subject examines adolescent developmental, psychological and behavioural problems, providing knowledge, understanding and insights that will help counsellors to work individually, or as team members, assisting individuals with these problems. Topics include: review of the developmental tasks of adolescents; adolescent worldviews and perspectives; adolescent spirituality and psychological and behavioural disorders; counselling in relation to adolescent issues, e.g. employment/unemployment, vocation, health issues, sexual concerns, alcohol and drug problems, eating disorders, suicidal intentions and behaviour violence and delinquency; self-harming; academic underachievement and school problems etc.



### **CC307 ADDICTION COUNSELLING**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101

In this subject students will gain a deeper understanding of the problems associated with substance abuse and addiction. This subject examines the causes, characteristics, consequences and management of personal problems associated with substance abuse, enabling the student to develop a deeper understanding of these problems. Topics include: epidemiology of substance related disorders; sociological, spiritual and psychological perspectives on the aetiology of substances related disorders; differing modes of therapy for addictive disorders; ethical issues; assessment and referral and preventive strategies.

### **CC308 CRISIS INTERVENTION/TRAUMA COUNSELLING**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101

This subject will assist students to identify people in crisis and the possible role a counsellor might have in dealing with crises. Issues related to the place for forgiveness and the role spirituality for traumatized people will be identified. Students will be able to describe strategies and techniques that apply to traumatized people. Topics will include basic intervention strategies and techniques for some of the following: suicide; life-threatening issues; long-term injury; sickness; victims of crime; terrorism and natural disaster.

### **CC309 COUNSELLING CHILDREN**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC106

This subject examines childhood developmental, psychological and behavioural disorders, providing knowledge, understanding and insights which will help counsellors function as members of management teams, and assisting individuals. Topics include the child's Schema; the effects of positive and negative self-esteem. Issues affecting children with special needs including sexually abused children; children with grief; and children with Attention Deficit Disorders. Various therapies for counselling children will be considered these include Reality Therapy; Rational Emotive Therapy; Cognitive Behavioural Therapy; Client Centred Counselling. Various counselling tools such as art; play dough; use of games; and group work will be covered

### **CC310 SPECIAL COUNSELLING ELECTIVE**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites CC101

This subject will help students to appreciate the issues involved in a special area of counselling and to adopt and practise a helpful approach to this area of counselling. Areas covered in depth in other subjects will not be included, but topics introduced, but not expanded, in other subjects may be included. Possible areas of study are diverse, for example: narrative therapy; counselling children; counselling youth; cross-cultural counselling; counselling people with serious or terminal illnesses; counselling people who have been involved in abusive relationships; counselling substance abusers; special types of counselling used by Christian counsellors; and others.

### **CC311 NARRATIVE THERAPY**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CC101

This subject will assist students to appreciate the issues involved in working with narrative ideas, to apply narrative ideas in counselling individuals, couples and families, and/or to discover how narrative ideas can be useful in community settings, such as schools. The subject explores narrative approaches, examines their connection to postmodernism and critiques their basis from a biblical perspective. It seeks to understand the development of narrative approaches and their relationship to other therapeutic approaches. Specific topics include: consulting the consultant; the nature of narrative therapy; a practical introduction to postmodernism; constructionism and social constructionism; interactions that help people separate from their problems; community aspects; approaches to



justice; and various ideas for running groups.

### **CC312 COUNSELLING AND PASTORAL CARE FOR THE AGEING**

Level 3: 6 pc 40 contact hours 1 semester

Prerequisites: CC101

This subject enhances the student's knowledge understanding and skills for counselling the elderly and people with chronic ill health. After an overview of the demography of ageing in Australia and the various expressions of the Christian response to the following topics are addressed, with special emphasis on the role of the counsellor and the relationship with various management teams. Topics addressed are the positive and negative aspects of aging care with reference to appropriate research on ageing. Issues for the aged and chronically ill related to stages of care: Self Care; Hostel Care; Nursing Home Care and Palliative Care. Further topics: the psycho-spiritual needs; value of dignity, meaning and purpose, security and belonging will be discussed.

### **CC313/2367 INTRODUCTION TO COUNSELLING RESEARCH**

Level 3: 6 pc 40 contact hours 1 semester

Prerequisites: CC204 CC205

This subject provides for the student to pursue supervised independent study in an approved area of special interest. The topic for this study may be chosen from any area relevant to counselling and approved by the Academic Supervisor for Counselling. The student will be able to understand the nature of research and the role of theory in research and the ethical principals necessary to compare research paradigms. They will also be able to understand the key features of qualitative and quantitative approaches and discover and use resources materials appropriately.

### **CL301 CHAPLAINCY THEORY**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: MP202

In this subject, students explore and understand the role of chaplains within a variety of settings such as schools; ministry groups; aged care; prison ministry; and other settings. The subject explains both the historical and contemporary understand of this vocation. Topics include specific issues that face chaplains such as ethics; theological and practical issues; relating to staff; dealing with crises; and the importance of self-care.

### **CL302 CHAPLAINCY SKILLS**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CL301

This subject assists the student to develop practical skills for more effective interpersonal communication. It also provides the opportunity for an understanding of the daily role of the chaplain in different settings. The subject will explore different services provided by a range of facilities. Topics covered will include principles of communication; micro-skills; conflict management; cultural issues; activities and roles related to chaplains; ethical issues. Tutorials provide opportunity for students to demonstrate their knowledge of various situations

### **CL303 CHAPLAINCY PRACTICUM**

Level 3: 6 cp 40 contact hours 1 semester

Prerequisites: CL302

This subject provides opportunities for the student to integrate theory and practice through supervised practical counselling and interaction. The subject will also give opportunity for the student to explore services provided by a range of agencies. Each student will undertake a to experience a placement. This will be followed by class discussion and group supervision. Students will be required to demonstrate high ethical standards and understand the cultural environment of the different facilities provided