



CHRISTIAN HERITAGE COLLEGE

**CO222**

## **THE HUMAN NARRATIVE AND CHANGE**

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

<b>Unit code</b>	CO222								
<b>Unit name</b>	The Human Narrative and Change								
<b>Associated higher education awards</b>	Bachelor of Counselling								
<b>Duration</b>	One semester								
<b>Level</b>	Intermediate								
<b>Core/elective</b>	Core								
<b>Weighting</b>	Unit credit points: 10 Course credit points: 240								
<b>Delivery mode</b>	Face-to-face on site								
<b>Student workload</b>	<p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td><td>35 hours</td></tr> <tr> <td>Reading, study and preparation</td><td>55 hours</td></tr> <tr> <td>Assignment preparation</td><td>60 hours</td></tr> <tr> <td><b>TOTAL</b></td><td><b>150 hours</b></td></tr> </table> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>	Contact hours	35 hours	Reading, study and preparation	55 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>
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<b>Prerequisites/ co-requisites/ restrictions</b>	<p><i>Prerequisites</i></p> <p>CS215 Contours for a Bible-based Christ-centred Worldview SO110 The Person of the Practitioner</p> <p><i>Prerequisite or co-requisite</i></p> <p>CO220 Development Through the Lifespan</p>								
<b>Rationale</b>	<p>A thorough understanding of humanness is a fundamental aspect of the therapeutic framework for any counselling professional. Yet there is considerable disagreement in the academic community about what it is that constitutes our humanness.</p> <p>The debate about human nature and other elements of humanness can be considered through a number of academic and social lenses, providing a rich tapestry of underpinning thoughts and philosophies to any human service discipline. Decline in the dominance of the naturalistic paradigm in the post-modern era has also opened up the possibility for the examination and exploration of other non-material dimensions of humanness. There is considerable renewed interest in the concept of the soul, and in the spiritual dimensions of human experience. Debate has also been reinvigorated regarding non-rational ways of knowing, such as intuition and inspiration. Added to this, people often seek counselling in times of transition and change in their human experience. The narrative explored in the counselling setting is fundamental to the success of the therapeutic outcome.</p>								
<b>Prescribed text(s)</b>	<p>Mackay, H. (2013). <i>The good life: What makes a life worth living?</i> Sydney, Australia: Pan McMillan.</p> <p>Varnier, J. (2008). <i>Becoming human</i>. Toronto, Canada: Paulist Press.<sup>1</sup></p>								

<sup>1</sup> Seminal text

<b>Recommended readings</b>	<p><b>Books</b></p> <p>Beres, L. (2014). <i>The narrative practitioner</i>. London, UK: Palgrave Macmillan.</p> <p>Bourke, J. (2011). <i>What it means to be human: Reflections from 1791 to the present</i>. London, UK: Virago Publications</p> <p>Elliott, A., &amp; Lemert, C. (2009). <i>The new individualism: The emotional costs of globalisation</i>. (2nd ed.). New York, NY: Routledge.<sup>1</sup></p> <p>Gushee, D. (2010). <i>Only human: Christian reflections on the journey toward wholeness</i>. San Francisco, CA: Jossey-Bass.</p> <p>Lopez, S., Pedrotti, J., &amp; Snyder, C. (2015). <i>Positive psychology: The scientific and practical explorations of human strengths</i> (3rd ed.). Los Angeles, CA: Sage.</p> <p>Moreland, J. P., &amp; Ciochi, D. M. (2015). <i>Christian perspectives on being human: A multidisciplinary approach to integration</i>. Eugene, OR: Wipf &amp; Stock.</p> <p>Rosenstand, N. (2013). <i>The moral of the story: An introduction to questions of ethics and human nature</i> (7th ed.). Mountain View, CA: Mayfield.</p> <p>Stevenson, L., &amp; Haberman, D.L. (2013). <i>Twelve theories of human nature</i> (6th ed.). New York, NY: Oxford University Press.</p> <p><b>Journals</b></p> <p><i>Human Nature</i></p> <p><i>Journal of Psychology and Christianity</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<b>Specialist resource requirements</b>	<p>Nil</p>
<b>Content</b>	<ol style="list-style-type: none"> <li>1. Biblical foundations of personhood and human identity</li> <li>2. Physical, intellectual, emotional and spiritual aspects of humanness</li> <li>3. A creator and a worker</li> <li>4. Visionary and ethical agency</li> <li>5. Gender/Sexuality</li> <li>6. Relationships, society and community</li> <li>7. Human wholeness</li> <li>8. Narratives of humanness</li> <li>9. Human relationships and the process of change</li> <li>10. The therapeutic relationship as a sacred space facilitating change</li> </ol>
<b>Learning outcomes</b>	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. understood and critiqued the various elements of humanness, philosophically, psychologically, sociologically, ethically and culturally;</li> <li>2. developed insight into and integrated biblical, and ethical perspectives into an understanding of humanness;</li> <li>3. analysed the diverse dimensions of being human;</li> <li>4. reflected on narratives concerning the various aspects of humanness and their contribution to human wholeness;</li> <li>5. considered the place of change within their own life narrative and therapeutic practice;</li> <li>6. reflected on the therapeutic space and change from a Christian worldview perspective; and</li> <li>7. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing and presentation.</li> </ol>

<b>Assessment tasks</b>	<p><b>Task 1: Reflective essay</b></p> <p>Reflect upon a significant change experience in your life.</p> <p>Word Length/Duration: 2,500 words</p> <p>Weighting: 50%</p> <p>Learning Outcomes: 1-5, 7</p> <p>Assessed: Week 8</p> <p><b>Task 2: Media presentation</b></p> <p>With a partner, create and produce a 30-minute media presentation of your holistic understanding of the various elements of being human, and the significance of the therapeutic relationship, in the context of your counselling practice.</p> <p>Word Length/Duration: 30 minutes</p> <p>Weighting: 50%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: During second intensive</p>
<b>Unit summary</b>	<p>This unit is designed to help students be aware of and engage a breadth of psychological, philosophical, sociological and biblical perspectives regarding humanness, to explore their personal and professional narratives concerning their own humanness and the humanness of others. Students will have the opportunity to consider these narratives within their counselling framework as agents and supporters of change within the journey to human wholeness.</p>