

## UNIT INFORMATION

<b>UNIT CODE</b>	CO369	
<b>UNIT NAME</b>	Reflective Practice: External Contexts	
<b>ASSOCIATED HIGHER EDUCATION AWARDS</b>	Bachelor of Counselling	
<b>DURATION</b>	One semester	
<b>LEVEL</b>	Level 7	
<b>UNIT COORDINATOR</b>	Ada Steyn	
<b>TEACHING STAFF</b>	Ada Steyn	
<b>CORE / ELECTIVE</b>	Core	
<b>WEIGHTING</b>	Unit credit points	10 (0.125 EFTSL)
	Course credit points	240 (3.0 EFTSL)
<b>DELIVERY MODE</b>	Face to face	
<b>STUDENT WORKLOAD</b>	Contact hours	18 hours
	Practicum	100 hours
	Supervision	20 hours
	Reading, study and assignment preparation	22 hours
	<b>TOTAL</b>	<b>160 hours</b>
	Student requiring additional English language support are expected to undertake an additional one hour per week.	
<b>PREREQUISITES / COREQUISITES / RESTRICTIONS</b>	<i>Prerequisite</i> CO368 Reflective Practice: The Therapeutic Relationship	

## RATIONALE

This is the second practicum unit for Bachelor of Counselling students in which they further develop and consolidate their skills following completion of *CO367 Reflective Practice: Consolidating Foundations*. The first two reflective practice units (CO367 and CO368) focused primarily on the therapeutic factors (i.e. skills and techniques, and the therapeutic relationship) that contribute to change in counselling.

There has been increasing recognition within the counselling profession in recent years that, as well as the theories, skills and processes normally associated with effective counselling, extra-therapeutic factors can profoundly impact the counselling process and outcomes. Therefore, effective practice requires the counselling practitioner to be aware of and respond appropriately to these influences.

This unit, the third in the reflective practice series, is therefore designed to help students constructively engage with some of the wide range of contextual factors that affect counselling practitioners, clients, and the therapeutic process including historical, social and political discourses, culture, constructions of gender, economic influences, language, family systems, organisational structures, and the built and natural environments. Theoretical understandings such as those relating to family systems, developmental stages, power and ways of knowing will also be considered from a practice perspective. In addition, students will have the opportunity to reflect on these contextual factors through the values and principles of a Christian worldview. As with the first practicum unit,

students' experience in counselling undertaken during their practicum placements will further promote reflection and integration.

## LEARNING DELIVERY PROCESS

This unit is a practicum unit. Students are expected to complete a minimum of 100 hours at their placement in order to gain 60 hours of counselling and 40 hours of counselling-related activities. This is supported by individual and group clinical supervision and classes. There will be one 6-hour on-campus workshop at the beginning of the semester, followed by six (6) two-hour online classes.

### PLACEMENT HOURS (*these take place at your practicum placement*)

60 hours counselling

40 hours counselling-related activities

### SUPERVISION

Group supervision – 2 hrs every fortnight at CHC

Individual clinical supervision – 10 hours in total as arranged with your supervisor

### CLASS ATTENDANCE

Students are expected to attend at least 80% of on-campus and online classes unless there is a legitimate reason for absence that has been approved by the course coordinator. Your lecturer should be informed as soon as possible regarding any absence.

### Plus, CHC learning portal resources:

- Essential readings and other useful resources.
- Assessment guides.
- Discussion forums.
- News forum.
- Turnitin assessment and feedback tool.

Please note that Practicum units are administrated through the Sonia™ program. This will be the portal through which all Practicum logs and reports are administered.

## IMPORTANT STUDENT INFORMATION

Whilst studying counselling, students are often required to record demonstrations of their counselling skills and practice. When submitting written transcripts, reports, reflections or other work, you must ensure that the "client" (this may be a fellow student or another person) has been de-identified. Initials or pseudonyms may be used instead.

Your "client" should be made aware when consenting to the recording of sessions, that the recording and/or transcripts *may be* viewed by academic staff and study support staff.

**Students are required to only use initials of clients / peers / family / friends when they write their reflective papers / transcripts, etc.**

## STUDENT FEEDBACK

You will be given the opportunity to provide feedback on the unit throughout and at the end of the semester to enable us to continually improve the unit. Feedback from previous years has been vital in reshaping course and unit contents, materials and assessments.

## CONTENT

The reflective practice units as a set have been restructured in semester two 2020 based on student feedback.

1. Understanding the person in context from a Christian worldview perspective.
2. The influence of the cultural and social contexts of the client and the counsellor.
3. The influence of political and economic contexts on the client, counsellor and their relationship.
4. The influence of organisational contexts on the client, counsellor and their relationship.
5. The influence of religion, spirituality and worldviews on the client, counsellor and their relationship.
6. The relevance of developmental stages of the client and the counsellor.
7. The influence of the family context on the client and the counsellor.
8. Environmental influences on the client and the counsellor.
9. The use of alternative modalities and platforms, and the impact on the counselling relationship, process and outcome.

## LEARNING OUTCOMES

On completion of this unit, students will have *demonstrated* that they have:

1. Analysed contextual factors that influence the counselling relationship, process, and therapeutic outcomes from theoretical and practical perspectives. **Graduate Attributes: 3,4,6.**
2. Examined specific theories, processes, and skills relevant to a range of external contexts. **Graduate Attributes: 3,4,6.**
3. Reflected on contextual factors of personal relevance, and how these influence the counselling process. **Graduate Attributes: 4,6.**
4. Applied knowledge and understanding of contextual factors and general counselling skills to conduct effective counselling interviews with clients. **Graduate Attributes: 3-6.**
5. Analysed their effectiveness in considering contextual factors and other relevant issues in their counselling. **Graduate Attributes: 4-8.**
6. Integrated an understanding of the values and principles of a Christian worldview into various counselling contexts and situations. **Graduate Attributes: 1,2,6.**
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. **Graduate Attributes: 5,6.**

## ASSESSMENT TASKS

**ALL ASSESSMENTS MUST BE PASSED IN ORDER TO PASS THE UNIT.**

### TASK 1: LEARNING LOG AND META-REFLECTION

Maintain a learning log, writing at least five (300 word) reflections on significant learning experiences from class discussions or supervision related to the impact of contextual factors on the counselling process, relationship, and/or outcome. Use an identified reflective cycle as the structure for your log. At the end of the semester, synthesise your learning from this practicum experience as expressed in your learning log into an essay.

Word Length/Duration:	Learning log entries: 5 x 300 words and Meta-reflection: 1,200 words
Weighting:	50%
Learning Outcomes:	1-3, 5-7
Assessed:	Week 8: Learning Log Entries 1 - 2 (for formative) Week 13: Learning Log Entries 4 - 6 Week 17: Meta-reflection
Method of Submission:	Sonia Live

### TASK 2: PRACTICUM PORTFOLIO

Throughout your practicum you are to maintain a practicum portfolio as evidence of your learning. This is to include the following:

- A log of at least 60 counselling hours and 40 hours of counselling-related activities.
- A log of at least 10 individual supervision sessions and fortnightly group supervision at CHC.
- Case conceptualisations of all clients you have counselled.
- A referral and resource database of support services/websites/apps, etc. for clients.
- All mentor and supervisor reports.
- Placement and supervision evaluation forms.

### Part A: A log of counselling sessions

See the requirements for this in the Counselling Practicum Handbook.

### Part B: A log of supervision sessions

See the requirements for this in the Counselling Practicum Handbook.

### Part C: Case conceptualisations

For each client you counsel, you are to develop a case conceptualisation as part of your process notes. These are to be de-identified and included in your practicum folio.

### Part D: Referral and Resource database

Throughout your practicum, develop a database of resources for clients that can assist them with some of the external contexts that affect their lives. Your database can include handouts, website links, names and contacts for support services and allied health professionals, Apps, support groups, etc.

### Part E: Practicum Reports

1. Mentor Formative Report (only if in a new placement).
2. Supervisor Formative Report (only if with a new supervisor).
3. Mentor Summative Report.
4. Supervisor Summative Report.
5. Group Supervision Report.

### Part F: Practicum feedback

1. Clinical Supervision Evaluation.
2. Placement appraisal.

\*\*The portfolio is to be submitted in Week 7 for formative feedback with all logs and case conceptualisations up to date, the database started, and at least 2 learning logs completed.

Word Length/Duration: N/A words  
 Weighting: 50%  
 Learning Outcomes: 1-7  
 Assessed: Week 6 (for formative feedback)  
 Week 17  
 Method of Submission: Sonia Live

## ASSESSMENT ALIGNMENT

Assessment Task	Learning Outcomes	Content	Course Outcomes	PACFA Course Objectives
Task 1	1-3, 5-7	1-9	K1-5, S2, S3, S5, S6, A2	B-G
Task 2	1, 3-7	1-9	K1-5, S3-6, A1-3	B, E-I

## SPECIALIST FACILITIES OR EQUIPMENT

Digital recording device.

## PRESCRIBED TEXTS

McLeod, J. (2019). *Introduction to counselling and psychotherapy: theory, research and practice* (6th ed.). Open University Press.

## RECOMMENDED READINGS

### BOOKS

Bregman, O. C., & White, C. M. (2010). *Bringing systems thinking to life: Expanding the horizons for Bowen family systems theory*. Routledge.

Frosh, S. (2002). *After words: The personal in gender, cultural and psychotherapy*. Palgrave.

Gibson, W. E. (2004). *Eco-justice: The unfinished journey*. State University of New York Press.

Hoshmand, L. T. (2005). *Culture, psychotherapy, and counseling: Critical and integrative perspectives*. Sage.

Knapp, J., & Womack, K. (2003). *Reading the family dance: Family systems therapy and literary study*. University of Delaware Press.

Maguire, M. (2014). *Men, women, passion and power: Gender issues in psychotherapy*. (2<sup>nd</sup> ed.). Routledge.

Nessan, C. (2010). *Shalom church*. Fortress.

Pedersen, P. B., Lonner, W. J., Draguns, J. G., Trimble, J. E., & Scharron-del Rio, M. R. (2015). *Counseling across cultures*. (7<sup>th</sup> ed.). Sage.

Solinger, R., Fox, M., & Irani, K. (2008). *Telling stories to change the world: The power of narrative to build community and make social justice claims*. Taylor & Francis.

Thompson, S., & Thompson, N. (2018). *The critically reflective practitioner* (2<sup>nd</sup> ed.). Palgrave Macmillan.

### JOURNALS

*Journal of Psychology and Theology*

*Journal of Psychology and Christianity*

*International Journal of Narrative Therapy and Community Work*

### OTHER

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).

These and other translations may be accessed free on-line at <http://www.biblegateway.com>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.

SAMPLE