

**UNIT OUTLINE**

**Unit Code:** CO370

**Unit Title:** Reflective Practice: Personal Practice Framework

**Semester:** 2

**Year:** 2020

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| **Unit code** | CO370 |
| **Unit name** | Reflective Practice: Personal Practice Framework |
| **Associated higher education awards** | Bachelor of Counselling |
| **Duration** | One semester |
| **Level** | Advanced |
| **Unit coordinator** | Toni Neil |
| **Core/elective** | Core |
| **Weighting** | Unit credit points: 10  Course credit points: 240 |
| **Delivery mode** | Face-to-face on site |
| **Student workload** | *Face-to-face on site*  Contact hours 30 hours  Reading, study, and assignment preparation 120 hours  **TOTAL 150 hours** |
| Students requiring additional English language support are expected to undertake an additional one hour per week. |
| **Prerequisites/ co-requisites/ restrictions** | *Co-requisite*  CO369 Reflective Practice: External Contexts  *Prerequisite or co-requisite*  SO317 Transformational Theology for Human Services |
| **Rationale** | Counselling practitioners of excellence must have the ability to continually cultivate a robust, integrative professional practice framework. As part of that framework, it is also important that practitioners understand and apply principles and strategies related to resilience-building in a profession with high rates of stress, burnout and vicarious traumatisation.  This unit therefore provides a context for students to reflect upon their own personal practice perspective, opening opportunities for them to integrate intentional self-care into their frameworks as they further engage with the critical questions arising from their counselling practicum. This process of consolidation will proceed through the use of reflective practice and integrative techniques, building upon learning from the previous three units in the reflective practice sequence (CO367, CO368, and CO369). By the conclusion of this unit, students will be able to articulate, apply and critically reflect on their individual framework of practice including a well-integrated understanding of the impact the values and principles of a Christian worldview has on their counselling practice. |
| **Prescribed text(s)** | Lapworth, P. & Sills, C. (2010). *Integration in counselling and psychotherapy* (2nd ed.). London, UK: Sage. |
| **Recommended readings** | **Books**  Benner, D. (2016). *Human being and becoming: The living adventure of life and love.* Grand rapids, MI: Brazos.  Bassot, B. (2016). *The reflective practice guide: An interdisciplinary approach to critical reflection.* Abingdon, UK: Routledge.  De Haan, E. (2012). *Supervision in action: A relational approach to coaching and consulting supervision.* Berkshire, UK: McGraw-Hill.  Grant, B. W. (2001). *A theology for pastoral psychotherapy: God’s play in sacred spaces*. London, UK: Haworth Pastoral.1  McLeod, J. & McLeod, J. (2014). *Personal development for counsellors, psychotherapists and mental health practitioners.* Maidenhead, UK McGraw-Hill.  Parsons, R., & Zhang, N. (2014). *Counseling theory: Guiding reflective practice.* Thousand Oaks, CA: Sage.  Skovholt, T. & Trotter-Mathison, M. (2016). *The resilient practitioner: Burnout and compassion fatigue prevention and self-care strategies for the helping professions* (3rd ed.). New York, NY: Routledge.  Thomas, J., & Sosin, L. (2011). *The therapeutic expedition: Equipping the Christian counselor for the journey.* Nashville, TN: B & H.  **Journals**  *Journal of Psychology and Theology*  *Journal of Psychology and Christianity*  *Journal of Pastoral Care and Counselling*  *Conversations*  *Journal of Psychotherapy Integration*  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. |
| **Specialist resource requirements** | digital recording device |
| **Content** | 1. Models of counselling frameworks 2. Personal and contextual risk factors related to stress, traumatisation and burn-out 3. Professional practices related to resilience building 4. Personal practices related to resilience building 5. Processes for developing ethical maturity 6. Professional responsibilities (administration, registration, etc.) 7. Personal and professional practices for lifelong learning which bridges the theory-practice gap 8. The implications of a Christian worldview for a counselling practice framework |
| **Learning outcomes** | On completion of this unit, students will have demonstrated that they have:   1. described and demonstrated their own approach to counselling practice; 2. synthesised counselling knowledge, theories, skills and Christian worldview perspectives; 3. applied non-judgemental self-awareness and creative use of self to their counselling and ongoing reflective practice; 4. critically analysed their practice from a number of perspectives; 5. identified personal vulnerabilities and protective strategies related to stress, trauma and vicarious traumatisation; 6. developed professional values and implemented ongoing personal and professional development practices; and 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. |
| **Assessment tasks** | **Task 1: Presentation**  Discuss your developing personal framework in five individual forum posts chosen from the following potential topics:   * counselling philosophy * understanding of and use of self * ethical dimensions; * therapeutic relationship; * a Christian worldview; * counselling approaches and techniques; * mental health and assessment strategies; * strengths and growth areas; * reflective practice; and * a plan for ongoing personal and professional development.   These forum posts will be used to develop a well-synthesised personal counselling practice framework across these topics.  Prepare a creative presentation of your framework, which you will present to your classmates, lecturer and supervisor for the purpose of feedback and critique. The presentation is to be supported with case examples and clips of recorded counselling interviews (2-4 minutes) that demonstrate the various aspects of the framework in practice.  Word Length/Duration: Presentation - 30 minutes  Weighting: 40%  Learning Outcomes: 1-7  Assessed: During the intensive |
|  | **Task 2: Recorded interview and Case study based on practice framework**  Incorporating the feedback from your media presentation into your final personal counselling practice framework, this time apply the elements of your framework to your work with one client, which will be demonstrated in the accompanying video. The essay is to provide a case conceptualisation of the client in the video and an analysis of your work with this client utilising your counselling philosophy.  Word Length/Duration: Essay - 2,500 words; Video – a full session  Weighting: Essay 30%; Video 30%  Learning Outcomes: 1-7  Assessed: Week 15 |