

**UNIT OUTLINE**

**Unit Code:** CO668

**Unit Title:** Reflective Practice: The Therapeutic Relationship

**Semester:** 2

**Year:** 2020

|  |  |
| --- | --- |
| **Unit code** | CO668 |
| **Unit name** | Reflective Practice: The Therapeutic Relationship |
| **Associated higher education awards** | Master of Counselling |
| **Duration** | One semester |
| **Level** | Postgraduate |
| **Unit coordinator** | Toni Neil |
| **Core/elective** | Core |
| **Weighting** | Unit credit points: 10  Course credit points: 160 |
| **Delivery mode** | Face-to-face on site |
| **Student workload** | *Face-to-face on site*  Contact hours 35 hours  Reading, study and assignment preparation 115 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*  CO667 Reflective Practice: Consolidating Foundations |
| **Rationale** | Psychotherapy and neuroscience research conducted during the last two decades has consistently suggested that the therapeutic relationship between the counselling practitioner and client is a major predictor and determinant of effective therapeutic processes and outcomes. More recently, the core condition and centrality of this unique relationship has been additionally substantiated and confirmed by advanced technological research of neuro-science.  This unit is the second of the reflective practice units and is designed to give students the opportunity to investigate the various aspects of the therapeutic relationship as underpinning their counselling framework. By utilising the reflective practice skills learned in *CO667 Reflective Practice: Consolidating Foundations* to engage with a range of models and dimension of the therapeutic relationship, including attachment, transference/counter-transference, resonance and resistance, the student will develop their therapeutic relationship style that will become an integral aspect of their counselling framework. The unit also explores various perceptions of the major counselling approaches on the therapeutic relationship, including implications of a Christian worldview in the formation of such an alliance. |
| **Prescribed text(s)** | Gelso, C. J. (2018). *The therapeutic relationship in psychotherapy practice: An integrative perspective.* New York, NY. Routledge. |
| **Recommended readings** | **Books**  Baldwin, M. (2013). *The use of self in therapy* (3rd ed.). New York, NY: Taylor & Francis.  Balswick, J., King, P., & Reimer, K. (2016). *The reciprocating self: Human development in theological perspective* (2nd ed.)*.* Downers Grove, IL: Intervarsity.  Charura, D. & Paul, S. (2014). *The therapeutic relationship handbook: Theory and practice.* New York, NY: OUP.  Corey, G. (2013). *The art of integrative counselling* (3rd ed). Belmont, CA: Brooks/Cole.  Duncan, B., Miller, S., Wampold, B., & Hubble, M. (Eds). (2010). *The heart and soul of change: Delivering what works in therapy* (2nd ed.). Washington, DC: American Psychological Association. 1  Geller, S., & Greenberg, L. (2012). *Therapeutic presence: A mindful approach to effective therapy.* Washington, DC: APA.  Johns, H. (2012). *Personal development in counsellor training* (2nd revised ed).London, UK: Sage.  Norcross, J. C. (2011). *Psychotherapy relationships that work: Therapist contributions and responsiveness to patients*. Oxford, UK: Oxford University Press.  Purdie, N., Dudgeon, P., & Walker, R. (2010). *Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice.* Canberra: Australian Government Department of Health and Ageing.  Rowan, J., & Jacobs, M. (2002). *The therapist’s use of self*. Maidenhead, UK: Open University Press.  Siegel, D. (2010). *The mindful therapist: A clinician’s guide to mindsight and neural integration.* New York, NY: Norton.  **Journals**  *Journal of Psychology and Theology*  *Journal of Psychology and Christianity*  *Journal of Pastoral Care and Counselling*  *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. The therapeutic relationship as a core counselling condition 2. The therapeutic relationship as a common factor in effective counselling 3. Models of the therapeutic relationship 4. First Australians and multicultural implications for developing a therapeutic relationship 5. Major schools of counselling and the therapeutic relationship 6. The neuroscience of the therapeutic relationship 7. Transference and counter-transference 8. Resonance, resistance 9. Implications of attachment for the therapeutic relationship and process 10. The counsellor’s use of self in the therapeutic relationship 11. Christian worldview perspectives on the therapeutic relationship |
| **Learning outcomes** | On completion of this unit, students will have demonstrated that they have:   1. identified and described a model for conceptualising the therapeutic relationship; 2. critically examined specific theoretical concepts and processes and investigated the implications and influences of these on the therapeutic relationship; 3. critically reflected on the personal relevance of therapeutic relationship dynamics; 4. refined the ability to establish effective therapeutic relationships and conduct effective counselling interviews based on client feedback; 5. critiqued their counselling skills, with a specific focus on the therapeutic relationship; 6. integrated a coherent understanding of contemporary counselling and neuroscience research findings on the therapeutic relationship, including Indigenous and multicultural perspectives, and that from a Christian worldview; and 7. communicated at an appropriate tertiary standard with special attention to correct grammar, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation. |
| **Assessment tasks** | **Task 1: Reflective Essay**  Write a reflective essay based on your own experience as a counselling client that considers aspects of the therapeutic relationship, the therapist’s use of self, transference, resistance, attachment theory, and any relevant cultural factors. Refer to the recent research and literature, including that from a Christian worldview perspective, looking particularly at the neuroscience research.  Word Length/Duration: 2,500 words  Weighting: 40%  Learning Outcomes: 1-3, 6-7  Assessed: Week 7 |
|  | **Task 2: Video plus Interpersonal Process Recall (IPR) and Report**  Make a video recording of a counselling session conducted while on practicum to your lecturer and participate in an IPR session. Prepare a written report on this IPR session which critically reflects on the learning gained in relation to:   1. understanding and use of self as a person in relationship; 2. the theoretical dimensions of the therapeutic relationship discussed in this unit; 3. an integration of the values and principles of a Christian worldview that undergird an effective therapeutic relationship; and 4. the application of learning to the student’s developing practice framework with respect to the therapeutic relationship.   Word Length/Duration: Interview - 30 minutes; Report - 3,000 words  Weighting: Interview - 30%; Report - 30%  Learning Outcomes: 1-7  Assessed: Week 15 |