

UNIT INFORMATION

UNIT CODE	CO670
UNIT NAME	Reflective Practice: Personal Practice Framework
ASSOCIATED HIGHER EDUCATION AWARDS	Master of Counselling
DURATION	One semester
LEVEL	Level 9
UNIT COORDINATOR	Toni Neil
TEACHING STAFF	Toni Neil
CORE / ELECTIVE	Core
WEIGHTING	Unit credit points 10 (0.125 EFTSL) Course credit points 160 (2.0 EFTSL)
DELIVERY MODE	Face to face
STUDENT WORKLOAD	Contact hours 30 hours Reading, study and assignment preparation 120 hours TOTAL 150 hours Student requiring additional English language support are expected to undertake an additional one hour per week.
PREREQUISITES / COREQUISITES / RESTRICTIONS	<i>Corequisite</i> CO669 Reflective Practice: External Contexts <i>Prerequisite or Corequisite</i> CO610 Towards a Transformational Christian Worldview for Counselling SO653 Research Methods <i>Prerequisite</i> CA551 Child and Adolescent Counselling I <i>or</i> FR551 Family and Relationship Counselling I <i>or</i> TR551 Trauma Counselling I

RATIONALE

The counselling sector in Australia, and in other western countries, has become highly specialised. This means that there is an expectation from the agencies and organisations that employ counsellors that those applying for counselling positions will not only have the skills and academic qualifications required, but also the ability to clearly articulate their professional practice framework.

In this, the fourth and final of the reflective practice units, students will not only reflect on all aspects of the course but from this learning but articulate and present, to their peers, their personal practice framework. As such, this unit provides opportunities for students to develop a personalised and holistic approach to their counselling practice through the integration of their values, knowledge, skills and the ethical and relational dimensions that comprise



effective counselling. 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 (CO667, CO668, and CO669).

In addition, it is important that counselling students understand and apply principles and strategies related to resilience-building in a profession with high rates of stress, burn-out and vicarious traumatisation. By the conclusion of this unit, it is expected that 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.

LEARNING DELIVERY PROCESS

This unit will be offered as an intensive with synchronous online classes prior to the intensive. Please check the CHC timetable available on the CHC website for the times and dates of both the virtual classes and the intensive.

Intensive mode units

Students are expected to attend **at least 80% of every session** for units that are offered as Intensives; unless a legitimate reason for absence (such as traffic hold-ups, mechanical breakdown, illness, serious personal difficulties, major accident or other extenuating circumstances) has been approved by the course coordinator. Students who are unable to attend classes on a given day should phone the CHC Reception by 9.00am so that lecturers can be notified.

Some guidelines for intensives:

- 80% attendance – a roll will be taken before and after lunch each day.
- Classes go from 9.00 am to 5.00 pm everyday unless told otherwise by the lecturer.
- The intensives are very interactive, so please come prepared to contribute and you will get a lot more out of the intensives.

Virtual classes

Students are expected to attend at least 80% of 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:

- Power points of lectures.
- Essential readings and other useful resources.
- Learning guides.
- Assessment guides.
- Discussion forums.
- News forum.
- Turnitin assessment and feedback tool.

STUDENT FEEDBACK

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

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



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. Ethical maturity.
6. Professional responsibilities (administration, registration, etc.).
7. Fostering 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. Synthesised counselling knowledge, theories and skills with particular attention to ethical maturity and the place of Christian worldview values and principles. Graduate Attributes: 2-6
2. Formulated and demonstrated a personal approach to counselling practice. Graduate Attributes: 3-7
3. Applied non-judgemental self-awareness and creative use of self to counselling and ongoing reflective practice. Graduate Attributes: 4-6
4. Applied counselling skills and analysed their practice from a number of perspectives. Graduate Attributes: 4-6
5. Identified and critically reflected on personal vulnerabilities and protective strategies, including those related to stress, trauma and vicarious traumatisation. Graduate Attributes: 1,2,6
6. Developed professional values and implemented ongoing personal and professional development practices. Graduate Attributes: 2,4,6,7
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 LEARNING OUTCOMES MUST BE PASSED IN ORDER TO PASS THE UNIT.

TASK 1: PRESENTATION OF PERSONAL PRACTICE FRAMEWORK

Discuss your developing personal framework in five individual forum posts chosen from the following potential topics:

- Counselling philosophy and approach to integration.
- 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.
- A plan for ongoing personal and professional development.

These forum posts will then be used to develop a well-synthesised personal counselling practice framework across these topics.



Prepare a creative presentation of your framework, including some kind of visual representation, which you are to present to 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.

A 750-word reflection based on feedback from the presentation is to be submitted to Turnitin within one week of the presentation.

Word Length/Duration: Forum posts: 2,000 words (5 x 400 words) and Presentation: 50 minutes
 Weighting: 60%
 Learning Outcomes: 1-7
 Assessed: Presentation -During the intensive ; Reflection- the following Wednesday
 Method of Submission: Presentation and reflection are to be submitted via Turnitin

TASK 2: CASE STUDY BASED ON PRACTICE FRAMEWORK WITH ACCOMPANYING VIDEO

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 an accompanying video and an analysis of your work with this client utilising your counselling philosophy.

Word Length/Duration: Essay: 2,500 words and Video: a full session
 Weighting: 40%
 Learning Outcomes: 1-7
 Assessed: Week 15
 Method of Submission: Essay: Turnitin
 Video: Upload the video to OneDrive and share the link on Turnitin

ASSESSMENT ALIGNMENT

Assessment Task	Learning Outcomes	Content	Course Outcomes	PACFA Course Objectives
Task 1	1-7	1-8	K1-5, S1, S2, S3, S5, S6, A2	A-E, G, H, I
Task 2	1-7	1-8	K1-5, S1-6, A1, A2	A-I

SPECIALIST FACILITIES OR EQUIPMENT

Digital recording device.

PRESCRIBED TEXTS

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, OX: 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

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.

¹ Seminal text.

