



CHRISTIAN HERITAGE COLLEGE

**CO223**

## **ETHICS IN COUNSELLING**

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>	CO223														
<b>Unit name</b>	Ethics in Counselling														
<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 External														
<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><i>External</i></p> <table> <tr> <td>Engagement with study materials</td> <td>90 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>	Engagement with study materials	90 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>CO213 Mental Health CO214 Foundational Processes and Strategies in Counselling CS215 Contours of a Bible-based Christ-centred worldview</p>														
<b>Rationale</b>	<p>Inherent to the profession of counselling is the engagement with people from a wide variety of social contexts who bring with them a broad range of issues. At any time, counselling professionals may be faced with a variety of potential and/or real ethical dilemmas. It is essential, therefore, for counselling students to be proactive in developing well-defined frameworks of ethical practice that will enable them to identify and manage the ethical issues they encounter in the counselling room. However, although ethical frameworks and decision-making models are important, these frameworks and models are only effective when the philosophies and values on which they are founded have been carefully examined.</p> <p>This unit takes a “bottom-up” approach to ethics as it gives the students opportunity to examine their own values and belief systems and to explore the ethical frameworks of practice and decision-making models that are particularly applicable to their style and context of counselling. Significant in this process will be students’ exploration of the values and beliefs of a Christian worldview. Students will also evaluate the codes and standards that undergird the counselling profession, including membership of professional bodies and organisations, industry standards, professional development, and self-care for the counselling practitioner.</p>														

<b>Prescribed text(s)</b>	Proctor, G. (2014). <i>Values and ethics in counselling and psychotherapy</i> . London, UK: Sage.
<b>Recommended readings</b>	<p><b>Books</b></p> <p>Anderson, J. (2014). <i>What's your worldview? An interactive approach</i>. Wheaton, IL: Crossway.</p> <p>Carroll, Michael. (2013). <i>Ethical maturity in the helping professions: Making difficult life and work decisions</i>. London, UK: Jessica Kingsley.</p> <p>Corey, G., Corey, M. S., &amp; Callanan, P. (2014). <i>Issues and ethics in the helping professions</i> (9th ed.). Belmont, CA: Brooks/Cole.</p> <p>Jones, D. (2013). <i>An introduction to Biblical ethics</i>. Nashville, TN: B &amp; H.</p> <p>Pope, K., &amp; Vasquez, M. (2011). <i>Ethics in psychotherapy and counseling: A practical guide</i> (4th ed.). San Francisco, CA: Jossey-Bass.</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>Sanders, R. (Ed.). (2013). <i>Christian counseling ethics: A handbook for psychologists, therapists and pastors</i> (2nd ed.). Downers Grove, IL: InterVarsity Press.</p> <p>Skovholt, T. &amp; Trotter-Mathison, M. (2016). <i>The resilient practitioner: Burnout and compassion fatigue prevention and self-care strategies for the helping professions</i> (3rd ed.). New York, NY: Routledge.</p> <p>Welfel, E. (2012). <i>Ethics in counseling and psychotherapy</i>. Sydney, NSW, Australia: Brooks Cole.</p> <p><b>Journals</b></p> <p><i>Journal of Social Policy</i></p> <p><i>Journal of Ethics in Mental Health</i></p> <p><i>Critical Social Policy</i></p> <p><i>Journal of Psychology and Theology</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>	Nil
<b>Content</b>	<ol style="list-style-type: none"> <li>1. Overview of the history of ethics and worldviews</li> <li>2. Christian worldview and professional ethics</li> <li>3. Identifying personal worldviews and values</li> <li>4. Ethical frameworks and decision-making models</li> <li>5. Ethical principles underpinning counselling practice</li> <li>6. The place of personal values in counselling practice</li> <li>7. Specific ethical issues (including confidentiality, informed consent, dual relationships, record-keeping and supervision)</li> <li>8. Professional competence and codes of ethics</li> <li>9. Cultural competence</li> <li>10. Self-care as an ethical issue</li> <li>11. Developing ethical maturity</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. defined their own personal worldview and values and how these may impact their professional counselling practice and their ethical maturity;</li> <li>2. described major ethical principles that underpin counselling practice;</li> <li>3. identified and reflected on important ethical issues and dilemmas in professional counselling practice;</li> <li>4. reflected on ethical principles and issues from a Christian worldview perspective;</li> <li>5. applied ethical decision-making processes; and</li> <li>6. 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>Choose <u>two</u> values that are important to you. Reflect on the history and origins of these values, the people and experiences that were influential in your development of these values.</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 1, 4, 6</p> <p>Assessed: Week 6</p> <p><b>Task 2: Case study report</b></p> <p>Examine the case study and address a range of topics (to be provided).</p> <p>Word Length/Duration: 1,500 words</p> <p>Weighting: 30%</p> <p>Learning Outcomes: 2-6</p> <p>Assessed: Week 10</p> <p><b>Task 3: Essay</b></p> <p>Reflect on your worldview and personal values, including the impact Christian worldview principles and values have, or have the potential to have, on your counselling practice regarding one issue. A list of issues will be provided for students on Moodle™.</p> <p>Word Length/Duration: 1,800 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-4, 6</p> <p>Assessed: Week 16</p>

<b>Unit summary</b>	This unit focuses on a “bottom-up” approach whereby the student firstly examines the values and beliefs that are foundational to their counselling practice and secondly explores the ethical issues that a counselling practitioner may encounter in their professional practice. It is also designed to equip the student with industry knowledge and resources to manage such dilemmas as they develop their own ethical framework of practice.
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