



CHRISTIAN HERITAGE COLLEGE

CO368

REFLECTIVE PRACTICE: THE THERAPEUTIC RELATIONSHIP

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.

Unit code	CO368										
Unit name	Reflective Practice: The Therapeutic Relationship										
Associated higher education awards	Bachelor of Counselling										
Duration	One semester										
Level	Advanced										
Core/elective	Core										
Weighting	Unit credit points: 10 Course credit points: 240										
Delivery mode	Face-to-face on site										
Student workload	<p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td> <td>35 hours</td> </tr> <tr> <td>Practicum</td> <td>40 hours</td> </tr> <tr> <td>Supervision</td> <td>10 hours</td> </tr> <tr> <td>Reading, study, and assignment preparation</td> <td>65 hours</td> </tr> <tr> <td>TOTAL</td> <td>150 hours</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	Practicum	40 hours	Supervision	10 hours	Reading, study, and assignment preparation	65 hours	TOTAL	150 hours
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Prerequisites/ co-requisites/ restrictions	<p><i>Prerequisite or co-requisite</i></p> <p>CO367 Reflective Practice: Consolidating Foundations</p>										
Rationale	<p>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 outcomes.</p> <p>This unit is the second of the units with an embedded practicum component and is designed to assist students to explore and assimilate important dimensions of what both counselling practitioner and client bring to the relational encounter of therapy in the context of their developing personal practice framework. This is accomplished through intentional and critical reflection on students' growing experiences of practice as it occurs within their individual practicum placements. Students will also examine several therapeutic relationship models, the various perceptions the major schools of counselling have of the therapeutic relationship and attachment theory. They will also continue to explore the implications of a Christian worldview as it applies to this relationship.</p>										
Prescribed text(s)	<p>Crawford, A. (2015). Conclusion. In <i>The therapeutic relationship in pastoral counselling: An interdisciplinary exploration</i> [Unpublished doctoral dissertation]. Pp. 302-325. Australian Catholic University, Banyo, QLD.</p> <p>Geller, S., & Greenberg, L. (2012). <i>Therapeutic presence: A mindful approach to effective therapy</i>. Washington, DC: APA.</p>										

<p>Recommended readings</p>	<p>Books</p> <p>Baldwin, M. (2013). <i>The use of self in therapy</i> (3rd ed.). New York, NY: Taylor & Francis.</p> <p>Charura, D. & Paul, S. (2014). <i>The therapeutic relationship handbook: Theory and practice</i>. New York, NY: OUP.</p> <p>Clarkson, P. (2003). <i>The therapeutic relationship</i>. London, UK: Whurr.¹</p> <p>Corey, G. (2013). <i>The art of integrative counselling</i>. Belmont, CA: Brooks/Cole.</p> <p>Duncan, B., & Miller, S., Wampold, B., & Hubble, M. (Eds). (2010). <i>The heart and soul of change: Delivering what works in therapy</i> (2nd ed.). Washington, DC: American Psychological Association.¹</p> <p>Geller, S., & Greenberg, L. (2012). <i>Therapeutic presence: A mindful approach to effective therapy</i>. Washington, DC: APA.</p> <p>Norcross, J. C. (2011). <i>Psychotherapy relationships that work: Therapist contributions and responsiveness to patients</i>. Oxford, UK: Oxford University Press</p> <p>Purdie, N., Dudgeon, P., & Walker, R. (2010). <i>Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice</i>. Canberra: Australian Government Department of Health and Ageing.</p> <p>Rowan, J., & Jacobs, M. (2002). <i>The therapist's use of self</i>. Maidenhead, UK: Open University Press.¹</p> <p>Journals</p> <p><i>Journal of Psychology and Theology</i></p> <p><i>Journal of Psychology and Christianity</i></p> <p><i>Journal of Pastoral Care and Counselling</i></p> <p><i>Journal of Psychotherapy Integration</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 http://www.biblegateway.com. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<p>Specialist resource requirements</p>	<p>Digital recording device</p>
<p>Content</p>	<ol style="list-style-type: none"> 1. The therapeutic relationship as a core counselling condition 2. Common factors and client outcomes research 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. Emotional development and attachment styles 10. Implications of attachment for the therapeutic relationship and process 11. The counsellor's use of self in the therapeutic relationship 12. Christian worldview and the therapeutic relationship

¹ Seminal text

Learning outcomes	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> 1. analysed theoretical concepts and processes, and investigated how these influence the therapeutic relationship; 2. examined therapeutic relationship literature, including Indigenous and multicultural perspectives; 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; 5. analysed the effectiveness of their therapeutic relationship skills and use of self in counselling interviews; 6. integrated Christian worldview and different philosophical understandings of the therapeutic relationship; 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	<p>In order to receive the minimum of a passing grade in this unit, the student must receive a passing grade in Task 3.</p> <p>Task 1: Reflective essay</p> <p>Students are to write a reflective essay based on their own experience as a counselling client that considers aspects of the therapeutic relationship.</p> <p>Word Length/Duration: 2,000 words Weighting: 40% Learning Outcomes: 1-3, 6, 7 Assessed: Week 7</p> <p>Task 2: Video plus interpersonal process recall (IPR) and report</p> <p>Students are to take a video recording of a counselling session conducted while on practicum to their lecturer and participate in an IPR session. They are then to prepare a written report on this IPR session.</p> <p>Word Length/Duration: Interview - 20 minutes; Report - 2,000 words Weighting: Interview - 30%; Report - 30% Learning Outcomes: 1-7 Assessed: Week 15</p> <p>Task 3: Practical assessment</p> <p>The practicum component of this unit is 40 hours one-on-one counselling at an approved practicum placement.</p> <p>Word Length/Duration: N/A Weighting: Pass/Fail Learning Outcomes: 3-7 Assessed: Week 16</p>
Unit summary	<p>It has long been known that the therapeutic relationship is the very core of the counselling process. In this unit, students will explore both theory and practice of the therapeutic relationship and various theories and processes that influence this vital counselling connection as they begin to construct their own framework of counselling practice.</p>