



CHRISTIAN HERITAGE COLLEGE

**CO523**

## **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>	CO523														
<b>Unit name</b>	Ethics in Counselling														
<b>Associated higher education awards</b>	Master of Counselling														
<b>Duration</b>	One semester														
<b>Level</b>	Postgraduate														
<b>Core/elective</b>	Core														
<b>Weighting</b>	Unit credit points: 10 Course credit points: 160														
<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>
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>														
<b>Prerequisites/ co-requisites/ restrictions</b>	Nil														
<b>Rationale</b>	<p>The profession of counselling necessarily involves a deep level of engagement with the lives of a wide variety of people representing many different social and cultural contexts and bringing with them a broad range of issues. At any time, these counselling issues have the potential to become ethical dilemmas that often need to be sensitively handled in order to maintain the integrity of the therapeutic relationship. Counsellors, therefore, need 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. Such a framework would include professional codes of ethics and decision-making models that relate to the counselling sector. However, for these ethical codes and decision-making models to be appropriately integrated into a solid framework suitable for a counselling setting, the moral philosophies, principles and values on which these codes and models are founded need to be understood and evaluated.</p>														

	<p>Therefore, this unit offers the student the opportunity to examine their own values and belief systems and to evaluate these in the light of moral and ethical traditions, with particular attention to the influence of a Christian worldview on their ethical development. In addition, they will investigate the ethical frameworks of practice and the decision-making models that are particularly applicable to their style and context of counselling. The student 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>	<p>Carroll, M., &amp; Shaw, S. (2013) <i>Ethical maturity in the helping professions</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.). Chicago, IL: Brooks/Cole.</p>
<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>Jones, D. (2013). <i>An introduction to Biblical ethics</i>. Nashville, TN: B &amp; H.</p> <p>MacKinnon, B. (2012). <i>Ethics: Theory and contemporary issues</i> (7th ed.). Florence, KY: Wadsworth.</p> <p>Proctor, G. (2014). <i>Values and ethics in counselling and psychotherapy</i>. London, UK: Sage.</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 counselling and psychotherapy</i>. Sydney, NSW, Australia: Brooks/Cole.</p> <p><b>Journals</b></p> <p><i>Critical Social Policy</i></p> <p><i>Journal of Ethics in Mental Health</i></p> <p><i>Journal of Psychology and Theology</i></p> <p><i>Journal of Social Policy</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>	<p>Nil</p>

<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 worldview 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. critically reflected on their own personal worldview and values and how these may impact professional practice;</li> <li>2. understood and critiqued major ethical principles and frameworks that underpin counselling practice;</li> <li>3. critically analysed ethical issues and discerned ethical challenges encountered in professional practice;</li> <li>4. critically reflected on the influence Christian worldview principles and values may have on ethical issues encountered in professional counselling practice;</li> <li>5. analysed and 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: Ethical family tree and paper</b></p> <p>Create a family tree of those people and experiences that have impacted your moral and ethical thinking.</p> <p>Word Length/Duration: Paper - 1,500 words</p> <p>Weighting: 25%</p> <p>Learning Outcomes: 1, 4, 6</p> <p>Assessed: Week 6</p> <p><b>Task 2: Case study report</b></p> <p>Critically analyse the ethical issues present in a case study (to be provided).</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 35%</p> <p>Learning Outcomes: 2-6</p> <p>Assessed: Week 10</p>
	<p><b>Task 3: Essay</b></p> <p>Develop a case study that involves an ethical issue that would present a challenge for you in counselling.</p> <p>Word Length/Duration: 2,500 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-4, 6</p> <p>Assessed: Week 13</p>

<b>Unit summary</b>	This unit focuses on an approach to counselling ethics 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.
---------------------	---

SAMPLE