

# WELF 1013 COUNSELLING FOUNDATIONS (BLOCK)

**Credit Points** 10

**Coordinator** Jack Isherwood ([https://directory.westernsydney.edu.au/search/name/Jack Isherwood/](https://directory.westernsydney.edu.au/search/name/Jack%20Isherwood/))

**Description** This subject introduces students to key concepts and theories of counselling and other therapeutic approaches. Students will also develop an understanding of counselling practice in an Australian context and will learn how to apply their knowledge of subject content to their own life experiences and real world examples. Students will also develop the capacity to critically evaluate the strengths and weaknesses of different counselling approaches.

**School** Western Sydney The College

**Discipline** Counselling

**Student Contribution Band** HECS Band 4 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 1 subject

**Restrictions**

Students must be enrolled in 7170 Counselling and Mental Health (UG Cert)

## Learning Outcomes

After successful completion of this subject, students will be able to:

1. Demonstrate a basic understanding of counselling in the Australian context
2. Identify the prominent ideas and concepts that define contemporary counselling
3. Demonstrate an understanding of the role of theory in counselling practice
4. Use basic skills to evaluate selected counselling modalities
5. Apply the principles of counselling to the student's own life experiences and case studies.

## Subject Content

- Counselling in the Australian context
- Theoretical foundations of counselling
- Psychoanalytic/psychodynamic approaches
- Person-centred and experiential approaches
- Behavioural, REBT, and CBT approaches
- Contemporary approaches (e.g., Existential, Solution Focussed, Family, Feminist, Narrative)

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

| Type         | Length      | Percent | Threshold | Individual/<br>Group Task |
|--------------|-------------|---------|-----------|---------------------------|
| Presentation | 5-7 minutes | 20      | N         | Individual                |
| Portfolio    | 1,200 words | 40      | N         | Individual                |
| Case Study   | 1,200 words | 40      | N         | Individual                |

Prescribed Texts

- Capuzzi, D., & Stauffer, M. D. (2016). *Counseling and psychotherapy : Theories and interventions*. American Counseling Association.

Teaching Periods

## Block A Session (2024)

**Online**

**Online**

**Subject Contact** Jack Isherwood ([https://directory.westernsydney.edu.au/search/name/Jack Isherwood/](https://directory.westernsydney.edu.au/search/name/Jack%20Isherwood/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=WELF1013\\_24-BA\\_ON\\_2#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=WELF1013_24-BA_ON_2#subjects))

## Block E Session (2024)

**Online**

**Online**

**Subject Contact** Jack Isherwood ([https://directory.westernsydney.edu.au/search/name/Jack Isherwood/](https://directory.westernsydney.edu.au/search/name/Jack%20Isherwood/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=WELF1013\\_24-BE\\_ON\\_2#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=WELF1013_24-BE_ON_2#subjects))