

# WELF 4002 COUNSELLING AND CONSULTATION

**Credit Points** 10

**Legacy Code** 101247

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

**Description** This subject introduces students to the basic skills underlying professional helping, providing a foundation for further training in counselling or psychological therapy. Students explore the professional helping relationship, the counselling process, common counselling and therapeutic frameworks, and learn key counselling micro-skills. There is a strong focus on applied skill development through in-class skills practice and assessment. Professional ethics and responsiveness to client characteristics including age, gender and cultural background are also emphasised. The subject provides structured opportunities to reflect on personal and professional development and readiness for further training in professional helping.

**School** Psychology

**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 4 subject

**Equivalent Subjects** LGYA 0475 - Counselling and Collaborative Consultation 1

## Restrictions

Students must be enrolled in one of the following programs: 1796 Graduate Diploma in Psychology, 1860 Bachelor of Psychological Studies (Honours), 1905 Bachelor of Psychological Science (Honours), 1504 Bachelor of Arts (Psychology) Honours, 1500 Bachelor of Psychology students who have successfully completed 240 credit points including the 160 credit point core sequence in Psychology, 1834 Bachelor of Psychology/1865 Bachelor of Psychology (Honours) students who have successfully completed 240 credit points including the 120 credit point core sequence in Psychology and the 40 credit point Psychology Extension minor prior to 2022 or for students who commenced 1865 Bachelor of Psychology (Honours) from 2022, students must have successfully completed 240 credit points including the 140 credit point core sequence in Psychology. All students must have met the minimum requirements for entry into fourth year of the Australian Psychology Accreditation Council (2010; Section 4.1.1): The entry requirement for a fourth year program is previous successful completion within the last 10 years, of an accredited three year sequence in psychology or the first three years of an integrated accredited four year program.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Apply principles of the professional helping relationship, including the role of empathy and active listening within the context (APAC GA 2.2).
2. Evaluate appropriate interpersonal communication, rapport and interview skills relevant to psychological practice, (APAC GA 2.2)

3. Apply the basic components of common counselling and psychological therapy frameworks, and their application across different client types and presenting problems (APAC GA 2.2, 2.4).
4. Utilise key ethical, professional and interprofessional considerations (APAC GA 2.2).
5. Explain the principles of cultural responsiveness in professional helping (APAC GA 2.2, 2.4).
6. Apply self-reflection to evaluate professional strengths and limitations, fitness for practice, and avenues for professional development. (APAC GA 2.2).

## Subject Content

1. The nature of the professional helping relationship.
2. Developing and maintaining rapport.
3. The counselling process.
4. Basic counselling micro-skills, including verbal and non-verbal active listening skills, clarifying and reflecting, paraphrasing and summarising, questioning, empathic responding, motivational interviewing, normalising, reframing, and challenging.
5. Cultural and minority group sensitivity and responsiveness.
6. Introduction to ethical frameworks and responsibilities in psychological therapy.
7. Introduction to risk management.
8. Overview of intervention strategies in counselling and psychological therapy.
9. Adaptation of basic skills to varied professional helping contexts and formats.
10. Challenges and rewards as a professional helper.
11. Readiness for a career in professional helping.

## 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/ Group Task	Mandatory
Simulation	5-7 minute video and 1,000 word written	40	N	Individual	N
Reflection	6 x 250 words of reflection/ short answer questions	20	N	Individual	N
End-of-session Exam	2 hours	40	N	Individual	N

Teaching Periods

## Autumn (2025)

### Bankstown City

#### On-site

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

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=WELF4002\\_25-AUT\\_BK\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=WELF4002_25-AUT_BK_1#subjects))

## **Penrith (Kingswood)**

### **On-site**

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

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=WELF4002\\_25-AUT\\_KW\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=WELF4002_25-AUT_KW_1#subjects))

## **Parramatta - Victoria Rd**

### **On-site**

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

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