PSYC 3019 – Communication & Counselling

Unit of Study Code: PSYC3019

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Format of Unit: 2 x 1 hour lectures/week x 13 weeks
1 x 2 hour tutorial/week x 10 weeks
Tutorial sizes: maximum of 20 students per group

Credit Point Value: 6 Credit Points

Prerequisite: PSYC(2013 or 2113) and one other Intermediate Psychology unit of study from PSYC(2011 or 2111), PSYC(2012 or 2112) and PSYC(2014 or 2114)

Assessment: Classwork:

Counselling:
Class Quiz, 15% of the total mark
28 August – 1 September (Week 6)

Communication:
A 2,500 word practical report, 15% of the total mark
Due Date: Week 12, Monday 16 October

Examination:
A 2 hours examination, 70% of the total mark
multiple choice questions and short answer questions

Evaluation of teaching and learning: Date: Week 13
Type: Questionnaire
Unit of study general description:

Counselling
This part of the unit aims to provide an introduction to counselling psychology, to critically examine the theoretical foundations of counselling processes and to consider relevant empirical research.

Communication
This part of the unit is concerned with understanding how interpersonal communication occurs in a face to face context. The emphasis will be on the structure of language and non-language components that compose the message and the extent to which that message is correctly decoded.

Teaching outcomes:

Counselling
(1) A general introductory review of the main features of counselling psychology.

(2) A critical examination of the theoretical foundations of counselling processes and a consideration of relevant empirical research.

(3) An introductory review of issues and concepts associated with the profession of counselling psychology.

Communication
(1) An introduction to the main concepts in understanding interpersonal communication.

(2) A review of the evidence relating to the decoding of meaning from verbal and nonverbal signals.

(3) A review of the variation in communication associated with type of relationship, gender, culture and situational context.

Evidence of learning:

Counselling
(1) The ability to provide a general introductory review of the main features of counselling psychology.

(2) The ability to provide a critical examination of the theoretical foundations of counselling processes and a consideration of relevant empirical research.

(3) The ability to provide an introductory review of issues and concepts associated with the profession of counselling psychology.

Communication
(1) The ability to provide a general introductory review of the main concepts in understanding interpersonal communication.

(2) The ability to show understanding of the evidence relating to the decoding of meaning from verbal and nonverbal signals.

(3) The ability to demonstrate knowledge of the variation in communication associated with type of relationship, gender, culture, and situational context.
Counselling

SYLLABUS

The work of the counsellor: Defining counselling, distinguishing between counselling, education, interviewing and psychotherapy. Goals of counselling. Skills-oriented and stage-oriented models of counselling (eg. Egan’s Helping Model).

Theoretical Models: The organising principles of counselling, and their status, as variously proposed within the following viewpoints; Psychodynamic theories (Freud and the neo-Freudians), behavioural theories (eg. Wolpe, Skinner, Bandura), cognitive theories (eg. Ellis, Beck), existentialist-humanistic theories (eg. Rogers), Gestalt theories (eg. Perls). More recent approaches (to be selected by the lecturer).

Integrating theory and skills: Single-model approaches versus forms of eclecticism.

Introduction to professional issues: Supervision and ethics.

Communication

The focus of this section is face-to-face social interaction. Most of the theories, hypotheses, phenomena and explanations will relate to the two person situation, although the extent of generalisation to larger interacting groups will also be considered. To a large extent language structure will be treated as a given. The core questions considered involve the way in which the meanings of speech acts are modified by contextual features. Spoken communication will be analysed as a triadic structure of language, paralanguage and kinesic components. Specific topics include:

- the evolution of communication
- the history of ideas about communication
- structure of communication
- communication of emotions
- communication of feelings and interpersonal attitudes
- lying and its detection
- communication skills
- body language
- cultural and gender differences in communication
- social and emotional intelligence

TIMETABLE

<table>
<thead>
<tr>
<th>WEEK</th>
<th>LECTURES</th>
<th>TUTORIALS</th>
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<tbody>
<tr>
<td>1</td>
<td>Defining counselling&lt;br&gt;Skills &amp; stages of counselling (Overview; Getting started)</td>
<td>No tutorial</td>
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<tr>
<td>2</td>
<td>Skills &amp; stages of counselling (Setting Goals)&lt;br&gt;Skills &amp; stages of counselling (Action Strategies)</td>
<td>Egan Stage I skills</td>
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<tr>
<td>3</td>
<td>Skills &amp; stages of counselling (Integrating Skills/Theories)&lt;br&gt;Psychodynamic Approaches to Counselling (1)</td>
<td>Egan Stage II skills</td>
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<tr>
<td>4</td>
<td>Psychodynamic Approaches to Counselling (2)&lt;br&gt;Cognitive-Behavioural Approaches to Counselling (1)</td>
<td>Egan Stage III skills</td>
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<tr>
<td>5</td>
<td>Cognitive-Behavioural Approaches to Counselling (2)&lt;br&gt;Humanistic Approaches to Counselling (1)</td>
<td>Working with cognition &amp; emotion</td>
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<td>6</td>
<td>Humanistic Approaches to Counselling (2)&lt;br&gt;Other approaches to counselling in brief</td>
<td>Counselling Quiz</td>
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<td>7</td>
<td>Professional Issues in Counselling&lt;br&gt;Evolution of communication; history, ideas*</td>
<td>Communication Practical*</td>
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<td>8</td>
<td>Structure of communication; communication of affect</td>
<td>Communication Practical</td>
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<td>9</td>
<td>Expression and perception of emotions</td>
<td>Communication Practical</td>
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<td>10</td>
<td>Detection of lying; communication skills</td>
<td>Communication Practical</td>
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<tr>
<td>11</td>
<td>Body language; the measurement of communication</td>
<td>Communication Practical</td>
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<td>12</td>
<td>Cultural and gender differences in communication</td>
<td>Report Due Monday 16th October</td>
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<tr>
<td>13</td>
<td>C Social and emotional intelligence</td>
<td>No Tutorial</td>
</tr>
</tbody>
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* The communication program and topics may be subject to change and more detail will be provided later.

University of Sydney - Administrative Guidelines & Syllabus, Senior Psychology, 2006 page 30
No set text.

REFERENCES

Counselling


Communication
