



PBC
PERTH BIBLE COLLEGE

STUDY LEVEL **500 LEVEL**

UNIT CODE: **CO532**
UNIT TITLE: **Introduction to Counselling Practicum**

Trimester: **Trimester 1, 2 and 3, 2025**

LECTURER: **Mr Stephen Poisat**

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UNIT OVERVIEW:	<p>This unit introduces students to using a structured counselling approach that employs person-centred counselling micro skills.</p> <p>These micro-skills will help to build, a therapeutic relationship with clients. It will also be an opportunity to start to be reflective in your own practice, which is an important skill to maintain for your own mental health and self-care, and increase your ability to be congruent, with clients.</p>
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ACADEMIC DETAILS

Location in course:	<p>This unit is an introductory unit and is offered at Level 500. This is a core unit.</p> <p>This unit, together with CO531 Introduction Counselling Theories, are the “spinal units” of the Diploma of Counselling. Spinal units are delivered concurrently for the entire academic year, spanning all three trimesters. They must be taken together to provide the optimum learning experience of combining counselling theory and practice.</p>
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Workload	<p>This unit carries 3 credit points.</p> <p>143 hours: 50 hours at intensives and 93 hours engaged with other learning activities, assessable & non-assessable tasks.</p>
Pre-Requisites	Nil.
Delivery	<p>Delivery will be via lectures, class activities and discussion, assignments and online via Moodle.</p> <p>We will meet on the following Fridays 9:00 am - 2 pm (WAST), at PBC, Room 14, and Google Meet: 28 Feb, 28 March, 11 Apr, 9 May, 6 June, 27 June, 25 July, 15 Aug, 12 Sept, 17 Oct</p> <p>9 am – 12 pm: lecture, skills demonstration and student role play 12 – 12:30 pm (optional) lunch break 12:30 pm – 2 pm (optional) peer led student triads</p>
Summary of Content	<p>A. Self as instrument</p> <p>B. The Core Conditions of counselling</p> <p>C. An integrated counselling framework</p>
Learning outcomes	<p>At the end of this unit students will be able to:</p> <p>A. Demonstrate foundational knowledge by:</p> <ol style="list-style-type: none"> 1. Evaluating a counselling conversation against a specific model or approach <p>B. Demonstrate core counselling skills by:</p> <ol style="list-style-type: none"> 1. Employing a range of counselling interview skills (especially active listening) 2. Engaging in person centred practise <p>C. Demonstrate the ability to apply basic knowledge and skills to predictable counselling situations by for clients with low/moderate needs by:</p> <ol style="list-style-type: none"> 1. Using a structured counselling approach 2. Identifying at least one client concern goal or request during a counselling interview <p>D. Demonstrate self-reflection by:</p> <ol style="list-style-type: none"> 1. Evaluating a conversation where the student was the counsellor

Requirements to complete	To successfully complete this unit students must: A. attend at least 85% of all classes, excluding approved absences, B. lodge all assessments that are required for this unit, and C. obtain a total grade of at least 50% in the unit.
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ASSESSMENT SUMMARY

Type of Assessment Task	Value (%)	Date due	Unit Learning Outcome(s) assessed
Recorded practise analysis and self-evaluation of student's counselling practice	30%	Tri 1, Week 11	1,2,3
Recorded practise analysis and self-evaluation of student's counselling practice	30%	Tri 2, Week 11	4
Recorded practise analysis and self-evaluation of student's counselling practice	30%	Tri 3, Week 11	2, 3, 5
Participation in triads throughout the year	10%	Tri 3, Week 11	3,4,5

Detailed information on assessment tasks and assessment standards**Task A, B and C – Trimester 1,2 and 3. Friday of every Week 11
Recorded practise analysis and self-evaluation****Word length:** Equivalent to 1000 words**Weighting:** 30%**Detailed description:**

Part A:

Record a 15-minute counselling session with a client (preferably a fellow student).

The recording aims to assess your capacity to establish a therapeutic relationship and explore the clients' story using the counselling skills as detailed in *Skills for Effective Counseling: A Faith-Based Integration*. (Sbanotto, etc., 2016).

Please ensure the recordings clearly show your face and upper body. Also, ensure the client has verbally given consent at the beginning of the recording.

Part B:

A self-assessment of the counselling session must be submitted. The self-assessment form is available on Moodle as a Word Doc: "Self-Assessment of Counselling Skills Recording 2024"

Please save your recording on your Student Google Drive and copy the link onto the self-assessment form.

Task D – Trimester 3**Participation in triads throughout the year****Word length:** N/A**Weighting:** 10%**Detailed description:**

Students will engage in regular role-plays via triads (counsellor, counselee and observer), having a turn to role-play each role.

The lecturer/tutor will provide verbal feedback and award each student 100% for this task if there has been an 80% attendance throughout the course of the year.

RESOURCES

Essential Texts

Sbanotto, E. A. N., Gingrich, H. D., & Gingrich, F. C. (2016). *Skills for Effective Counseling: A Faith-Based Integration*. IVP Academic.

Recommended Texts

The following textbooks may also be referred to.

Corey, G. (2016). *Theory and Practice of Counseling and Psychotherapy*. (10 edition). Cengage Learning.

Egan, G. (2018). *The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping*. Brooks/Cole ISE.

Entwistle, D. N. & David, N. (2015). *Integrative approaches to psychology and Christianity: an introduction to worldview issues, philosophical foundations, and models of integration*. Wipf & Stock Publishers.

Greggo, S. P. & Sisemore, T. A. (eds.). (2012). *Counseling and Christianity: five approaches*. IVP.

Hathaway, William L., and Mark A. Yarhouse. (2021). *The Integration of Psychology and Christianity: A Domain-Based Approach*. IVP Academic

Holeman, V. T. (2012). *Theology for better counselling: Trinitarian reflections for healing and formation*. IVP Academic.

Jones, S. L. & Butman, R. E. (2011). *Modern psychotherapies: a comprehensive Christian appraisal*. (2nd ed). IVP Academic.

Ivey, A.E., Ivey, M.B., & Zalaquett, C.P. *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (10th ed.). Brooks/Cole Cengage: 2022

Jones, I. F. *Foundations for Biblical Christian Counseling: The Counsel of Heaven on Earth*. Nashville, Tennessee: B & H Publishing Group, 2006.

Neff, M. A. & McMinn, M. R. (2020). *Embodying integration: a fresh look at Christianity in the therapy room*. IVP.

McMinn, M. R., & Campbell, C. D. (2017). *Integrative Psychotherapy: Toward a Comprehensive Christian Approach*. IVP Academic.

Sbanotto, E. A. N., Gingrich, H. D., & Gingrich, F. C. (2016). *Skills for Effective Counseling: A Faith-Based Integration*. IVP Academic.

Tan, S.-Y. (2022). *Counseling and Psychotherapy: A Christian Perspective*. Baker Publishing Group. (2nd ed)

Thomas, J. C. (2018). *Counseling Techniques: A Comprehensive Resource For Christian Counselors*. HarperCollins Religious - US.

Online Resources

[PBC Online Library](#)

Students should also have a *working* knowledge of PBC's Assessment Policies (www.pbc.wa.edu.au and then *Student Portal/Useful Links/Policies & Procedures/ Assessment Policies*) to assist in completing this unit.