Perth Bible College

C8100 Introduction to Counselling Skills

Trimester's 1,2 and 3, 2025

Teaching Staff:

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Consultation times:	email for appointment

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Credit value:	9 credit points
Mode of study:	Monthly intensives on campus and live online
Pre-requisite units:	Nil
Co-requisite units:	C8104 Fundamentals of Counselling Theories and Practice
Units excluded:	Nil

Scheduled times and Venues:

Delivery will be via lectures, class activities and discussion, assignments and online via Moodle.

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

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

Teaching Staff:	Name:	Mr Stephen Poisat
	Position & Qualifications:	Principal, M.th, GD.Coun
	Phone:	08 9243 2000
	Email:	spoisat@pbc.wa.edu.au
	Consultation times:	By appointment
Learning Management System:		PBC Online (Moodle)
Workload:	Total Workload for unit:	143 hours
	Allocation of Workload:	70 hours at lectures and 73 hours engaged with other learning activities, assessable & non-assessable tasks.

Background and Context

This is a "spinal unit" of the Graduate Diploma of Counselling. Spinal units are delivered for the entire academic year, spanning all three trimesters.

Curriculum Objectives

This graduate course unit aims to provide students with a comprehensive understanding of foundational counselling techniques and principles. This subject serves as an entry point into the field of counselling, whilst also offering students the opportunity to develop fundamental skills that are crucial for effective communication and support in pastoral contexts.

Contribution to Graduate Attributes

Graduate attributes are the generic qualities expected to be attained by graduates of a course, regardless of content or area of specialisation. These attributes relate to both the general course level and the distinctives of the discipline in which the unit is located. This unit contributes to the attainment of the Course Outcomes in alignment with the distinctives of the Specific Discipline Outcomes, as follows:

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Specific Discipline Outcomes / Course Outcomes	*recognize the key features of traditional and contemporary forms of ministry practice*	*engage with contemporary literature in the critical analysis of church life and ministry*	*develop strategies for competent practice and leadership in church based and/or para church service*
understanding of classical and contemporary knowledge of biblical and theological concepts and ministry practices	✓		
mastery of theoretical knowledge and reflect critically on theory and ministry practice or scholarship		✓	✓
investigate, analyse and synthesise complex information, problems, concepts and theories at an abstract level		✓	✓

Contribution to Award

The unit forms part of the SCD awards at AQF Level 8.

The unit is an introductory Elective unit in the Discipline of Christian Life and Ministry. It may serve as part of a Specialisation in Christian Life and Ministry or as an Elective unit within the overall structure of the award.

The unit contributes to these awards by:
· developing knowledge and understanding of theories and models of pastoral counselling

- · developing the capacity for critical thinking in analysing and evaluating approaches to pastoral counselling
- · developing technical skills in applying an effective model of pastoral counselling to a practical setting.

Learning Outcomes

At the end of this course unit, students should be able to:

1. Appraise and critique the concepts and theories of counselling within both general and pastoral care contexts, recognising their intersections and differences
2. Develop an understanding of core competencies of counselling and pastoral care
3. Develop foundational counselling techniques, such as active listening, attending behaviours, rapport building, and micro-skills for effective and meaningful communication
4. Analyse human 'limit' experiences (e.g., suffering; sin; forgiveness; meaning, etc.) as experienced in pastoral care and counselling relationships
5. Apply a person-centered approach for use in counselling and pastoral care, and develop the associated skills

Content and Learning Activities

1. The nature and purpose of pastoral care and counselling
2. Theological understandings of pastoral care and human growth
   a. psychodynamic
   b. humanistic
   c. developmental
   d. cognitive/behavioural
3. Foundational counselling skills
4. Stages of the counselling process
5. Theological understandings of suffering; human limitation; guilt; sin; forgiveness; addictive behaviours; illness; meaning in life; and death
6. Cultural, ethical and professional considerations
7. Evidence Based Research and Practice
8. Professional self-care and development

Learning 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

Assessment

All students must complete all assessment requirements as set, and conform with SCD Policy requirements.

Assessment Schedule

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 1200 **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.

Extension Policy

Students must submit all assignments by the due dates set by the lecturer and published in the course unit profiles.

Late Penalty

Late assignments without an approved extension will attract an automatic penalty deduction of 5% of the marks available for the item of assessment for every day (including weekends and holidays), or part thereof, beyond the date and time of submission (or any extension granted).

Assignments submitted without an approved extension beyond 10 days after the due date will receive a zero mark and NOT be annotated by the lecturer.

Example:

Student submits an assignment worth 50 marks 4 days late.
Total mark available=50
Penalty: 4 days late = 5% of 50x4 = 10 mark penalty
The student's original mark is 40.
Final mark =40-10=30

Grounds for Extension

An extension of an assignment's due date may be granted on the following grounds: medical illness (certified by Medical Certificate); extreme hardship; and compassionate grounds.

In such cases an extension of up to 28 days may be granted without penalty but only if requested before the assignment due date. The student should submit an "Application for Extension" including supporting documentation to the Member Institution for authorising and signing by the Lecturer / Registrar /Academic Secretary prior to the due date. The student will then be informed of the result of the request.

In extreme cases, extensions beyond 28 days may be granted. Such extensions must be applied for in writing, including supporting documentation, to the Teaching Body setting out the extreme circumstances. The Teaching Body's appropriate committee will consider such an unusual extension and notify the student of the outcome in writing.

If the unit assessment includes an examination and an extension is granted arrangements will be made for an alternative examination to be given to the student within the extension period.

Plagiarism

Plagiarism is the representation of another's works or ideas as one's own; it includes the unacknowledged word for word use or paraphrasing of another person's work, and the

inappropriate unacknowledged use of another person's ideas. For more information on plagiarism and other forms of academic misconduct refer to the SCD Handbook.

Intellectual Property

The Course Unit Outline from which this Course Unit Booklet is derived is the property of the Sydney College of Divinity. The particular interpretation, amplification, and extension of the Course Unit Outline that expresses the theological values of the Member Institution and meets the needs of its stakeholder are the property of the Member Institution.