

2021 Master of Counselling Student Guide

Sydney Campus



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INTRODUCTION

The Master of Counselling is a post-graduate coursework program suited to people from a variety of professional backgrounds such as social work, human resources, social welfare, nursing, psychology and education.

The program provides graduates with theoretical knowledge and practical skills in counselling that can be applied in a variety of human service contexts. Students are taught an integrative approach to counselling practice, with a focus on contemporary and evidence-based approaches, group-work, research skills and counselling across the life-span. In the second year of the program an industry placement is undertaken.

The Master of Counselling program is accredited by the Psychotherapy and Counselling Federation of Australia.

PURPOSE OF THIS HANDBOOK

This handbook is a preliminary information guide for prospective students as well as new counselling students. It provides an outline of the degree structure and all course descriptions. Within these pages are useful contacts and FAQs, which may answer some of the more common questions about the program.

YEAR ONE						
SEMESTER ONE			SEMESTER TWO			
Course Code	Title	Credit	Course Code	Title	Credit	
COUN6000	Interpersonal Group Practice	25	COUN6004	Theory and Process of Group Facilitation	25	
COUN6001	Counselling Skills	25	COUN6005	Family Systems and Couples	25	
COUN6002	Theoretical Approaches to Counselling	25	ARTS5010	Research Methods	25	
COUN6003	Approaches to Mental Health	25	PHIL6020	Ethical Issues in Professional Life	25	
Total units of credit		100	Total units of credit		100	
					Total units of credit: Year One	200
YEAR TWO						
SEMESTER ONE			SEMESTER TWO			
Course Code	Title	Credit	Course Code	Title	Credit	
COUN6006	Placement, Supervision and Case Studies	25	COUN6007	Placement, Supervision and Case Studies	25	
COUN6008	Professional Practice	25	COUN6009	Trauma, Loss and Grief Counselling	25	
ARTS6030	Research Project	25	COUN6010	Specialised Counselling	25	
	Elective	25	ARTS6031	Research Project	25	
Total units of credit		100	Total units of credit		100	
					Total units of credit: Year Two	200
					TOTAL UNITS OF CREDIT	400

*** Note: all courses listed on this planner are required for the completion of this program. The semester in which they are offered, and the campus upon which the research electives are available, may vary. Please consult with your program coordinator.

Master of Counselling Research Electives:

Course Code	Course Name	Units of Credit
ARTS6000	Literature Review	25
ARTS6001	Professional Project	25
ARTS6003	Research Project	25
ARTS6004	Research Project	25
ARTS6005	Special Project	25
ARTS6002	Experience the World	25
RSCH7000	Quantitative Research Methods	25
RSCH7001	Qualitative Research Methods	25
RSCH7002	Scholarly Writing and Publication	25
RSCH7003	Developing a Research Proposal	25
RSCH7004	Research Proposal	25

COURSE DESCRIPTIONS

COUN6000 Interpersonal Group Practice

This course examines contemporary theories of group work. Students gain an understanding of group dynamics and group processes. Students participate in an experiential group designed to provide opportunities to analyse the group's experiences by applying group theory.

COUN6001 Counselling Skills

This course develops advanced skills in counselling, drawing on the interpersonal skills postgraduate students acquired from professional practice and/or academic study. The course consists of demonstration, direct teaching and supervised practice in the performance of counselling skills. The course integrates a client-focussed approach to counselling, linking theoretical foundations of counselling with counselling skills.

COUN6002 Theoretical Approaches to Counselling

In this course students analyse the philosophical and theoretical frameworks guiding counselling practice. Students select appropriate evidence-based contemporary approaches based on client presentations.

COUN6003 Approaches to Mental Health

This course examines common mental health issues encountered in counselling practice. Students examine issues such as anxiety, depression, addictions, suicide prevention and mental health stigma by applying contemporary research to case conceptualisation and treatment planning.

COUN6004 Theory and Practice of Group Facilitation

This course examines the theory and practice of group facilitation. Students learn the theory and practice of designing and facilitating an effective therapeutic group, with attention paid to managing difficulties that arise in groups, designing appropriate interventions and working with diverse groups.

COUN6005 Family Systems and Couples

This course examines counselling issues that relate to working with couples and families. Firstly, it examines family systems and structure, family development stages and changes, and the family as a social system. Secondly, it looks at the basic models of couples and family counselling and therapy. The family systems, experiential, developmental and cognitive behavioural models are considered. Finally, the various assessments and interventions with couples and family issues that are typically presented in counselling are addressed.

COUN6006 Placement, Supervision and Case Studies A

In this course students work with clients through an industry placement. Students reflect on the counselling process under the guidance of an experienced professional. Approaches to counselling are discussed, as are plans for each client session.

COUN6007 Placement, Supervision and Case Studies B

In this course students work with clients through an industry placement. Students reflect on the counselling process under the guidance of an experienced professional. Approaches to counselling are discussed, as are plans for each client session.

COUN6008 Professional Practice

This course introduces students to the codes of practice covering professional, social and legal obligations of counsellors. Counselling in a cross-cultural context is examined. Students analyse the professional practice literature and apply their findings to diverse populations via case studies.

COUN6009 Trauma, Loss and Grief Counselling

This course examines historical and contemporary approaches to understanding trauma, loss and grief. It provides students with assessment and intervention skills to work effectively in these areas of counselling. Students apply theory to assess case studies and in role plays. The topics of vicarious trauma and burnout, and the development of self-care plans are also examined.

COUN6010 Specialised Counselling

Two contemporary approaches to counselling practice are explored in this course, resulting in a detailed study of each. Students develop advanced skills in assessment and intervention, based on these specific approaches. Students apply counselling skills acquired in other courses to these approaches.

PHIL6020 Ethical Issues in Professional Life

This course will explore the relationship between moral philosophy and applied ethics in professional life. Further, we study such issues as the relevance of ethics to specialisation, power and privilege in the professions, performance assessment, codes of ethics institutional values and corporate ethical culture. Specialist seminar topics may include: confidentiality, secrecy and truth telling in counselling; professional and management responsibility and accountability; dealing with power and authority, conflict resolution, performance assessment & discipline.

ARTS5010 Research Methods

This course provides a broad exposure to the principal forms of social science research used in counselling, educational and related social sciences. As such, it provides a basic foundation in research design, methods, data collection and data analysis for higher degree students planning to proceed to a dissertation or thesis. At the same time, it offers a general understanding of research design and methodological issues for professionals who may be required to commission investigations or approve proposals for study by others, and who need to be able to interpret and critically evaluate the findings of published research. Students gain experience in a range of qualitative and quantitative techniques which can be used by practising professionals to carry out individual or team-based action-research into issues arising from their own work settings, organisations, or wider professional activities. Emphasis is on differentiating between, and making appropriate and justified choices among, the principal paradigms or methodological approaches used by contemporary social science researchers.

RESEARCH ELECTIVES

ARTS6000 Literature Review

In this course students will complete a critical review of scholarly and other significant literatures that relate to their thesis topic or area of study. Tuition will be provided in an intensive format or by supervision, though much of the learning approach will be student-driven and performed independently. This course will directly support the completion of a postgraduate research project, such as a thesis.

ARTS6001 Professional Project

The Professional Project provides an advanced learning opportunity for postgraduate students in the humanities and social sciences. Working independently and/or in groups, students will investigate a challenging problem using the research skills and knowledge acquired from their discipline. When working in groups, students will be encouraged to analyse the problem with an interdisciplinary lens, collaborate in a professional manner, and deliver a well-reasoned and articulate report. The Professional Project is therefore intended to apply students' research skills, increase their proficiency within their own discipline, and enhance their graduate employability.

ARTS6002 Experience the World

This course provides students an opportunity to pursue a unique research or professional project while on an Experience the World placement. The outcome of this course is a written or creative work of around 5000 words (or the equivalent). The Experience the World project will be positioned within the student's discipline or profession, and may contribute directly to a student's thesis. Experience the World projects will be informed by relevant theory, literature and research, and will demonstrate the ethical and technical requirements of the discipline. Students might work independently or within a group, employing flexibility and sound judgement.

ARTS6003, ARTS6004 Research Project

ARTS6003 and ARTS6004 is combined to produce a 50cp, 10,000-word project, and can be spread over two semesters. Therefore the final mark for ARTS6003 will be placed on Hold, and the final project mark applied for both courses. Counselling students completing the Research project must complete both ARTS6003 and ARTS6004.

This course enables students to undertake a small research project of up to 5,000 words or, when combined with ARTS6004, an extended project of up to 10,000 words. Equivalent project lengths may be considered for creative works. Students pursue individual professional and/or academic research interests. Meeting regularly with an academic supervisor, students may work individually or in a group. Students should complete appropriate research methods training before enrolling in this course.

ARTS6005 Special Project

The Special Project provides students an opportunity to pursue a unique research project, the result of which is a written or creative work of around 5000 words (or the equivalent). The special project will be positioned within the student's discipline or profession, and may contribute directly to a student's thesis or be a published outcome of it. Special projects will be informed by relevant theory, literature and research, and will demonstrate the ethical and technical requirements of the discipline. Students might work independently or within a group, employing flexibility and sound judgement

RSCH7000 Quantitative Research Methods

This course is offered intensively, each semester, by the Research Office. Please consult with your supervisor for further information.

This course is designed to initiate Higher Degree Research students into the use of quantitative research methods and measurement in applied settings. Students will be introduced to the foundations of empirical inquiry through the formulation and evaluation of research designs and the performance of both descriptive and inferential statistical analyses. The course content emphasises question design, hypothesis testing, data collection and analysis as well as the interpretation of findings in a scholarly manner. Students will be assessed through project reports based on workshops and class materials as well as the critical analysis of complex articles that utilise various statistical methods.

RSCH7001 Qualitative Research Methods

This course is offered intensively, each semester, by the Research Office. Please consult with your supervisor for further information.

The purpose of this course is to assist students in both understanding the theoretical orientation of contemporary qualitative research methods and evaluating the most appropriate research methodology for their thesis. The course will emphasise the difference between methodology, methods of data collection and methods of data analysis, providing students with skills to critically evaluate and transmit solutions that are most appropriate for their individual research project. With a focus on applying complex critical and theoretical knowledge, the course will also prepare students to evaluate a qualitative research journal article and generate a critique that will assist in the development of interpretation and writing skills.

RSCH7002 Scholarly Reading and Writing

This course is offered intensively, each semester, by the Research Office. It is designed to support a student completing either a literature review of a journal article for publication. Please consult with your supervisor for further information.

This course is designed to enhance the critical reading and scholarly writing skills required by a Higher Degree student. Students will be introduced to the key components of preparing a literature review as well as scholarly writing skills relating to the production of a research thesis. Areas of discussion will include: techniques for resourcing and managing literature; critically analysing experts in your field of study; utilising different formats of literature reviews; academic and scholarly writing styles; structuring long and short pieces; and preparing work for publication and examination. The course requires students to undertake a substantial literature review in their chosen area of research. They will reflect upon and respond to feedback through the assessment of both a first draft and final draft which may be used as part of the student's final thesis.

RSCH7003 Developing a Research Proposal

This course is offered by the Research Office in an intensive mode, usually across several weekends of the semester. The assessed output is a draft of the student's research proposal.

This course is designed to assist students in understanding the principles of writing a research proposal through the process of preparing a proposal for their research project. Students will be introduced to the key components of preparing and writing a proposal including: the purpose(s) of the research question; critically analysing and reviewing the existing literature; preparing an abstract; deciding on a research methodology and methods of data collection; proposing an approach for data analysis; identifying ethical issues and preparing for an ethics application; providing a clear plan and timeline for each stage of research. Students may find their supervisors a useful resource for defining the specifics of the research and the disciplinary context, and supervisors will be invited to participate in the development of the proposal.

TEACHING MODE

The Master of Counselling teaching delivery focuses on experiential learning while maintaining sound theoretical foundations. Teaching formats include:

- Lectures
- Workshops
- Group work
- Field education using practicum placements
- Discussions boards and forums, etc.

PRACTICUM PLACEMENTS

The practicum is an essential component of Notre Dame's Master of Counselling program. The Counselling practicum will be closely supervised by the program coordinator and will take place off campus.

Placement requirements are in line with PACFA training standards. Two case studies will be submitted as a course requirement (one per semester), based on client counselling during placement.

Close communication will take place between the placement coordinator and the program coordinator. Some students may be permitted to undertake the practicum at their place of employment, if suitable and subject to approval by the Counselling coordinator. Others will gain counselling practice in locations approved by the University.

Links have already been made with established training organisations which are willing to cooperate in the program by providing opportunities for students to practice their skills.

ACCREDITATION

The Counselling program at University of Notre Dame Australia was established over 20 years ago at the Freemantle Campus and currently takes place across both Sydney and Fremantle campuses. It meets the criteria for professional counsellor registration with PACFA and the Australian Counselling Association (ACA) and. The degree has PACFA accreditation in line with the following training standards described by PACFA:

Members must have completed a Postgraduate Equivalent qualification over a minimum of two years, 200 hours of person-to-person psychotherapy and/or counselling training and 50 hours of supervision relating to 200 hours of client contact. A minimum of 10 hours of supervision relating to 40 client contact hours must have taken place within the training program (these 10 hours are part of the 50 hours of supervision). (PACFA Training Standards 2009).

APPLICATION PROCESS

Admission is open to those who possess a degree (or equivalent) in a related area. Prior experience doing counselling work (paid or volunteer) is an added advantage. Shortlisted applicants will be invited for an interview. International and Domestic applicants may apply. However, international applications will only be considered for full time study due to visa conditions.

For further information on The University of Notre Dame Australia and the Admissions Process, please contact:

The Prospective Students Office, Sydney Campus

Phone: (02) 8204 4404

Fax: (02) 8204 4422

E-mail: Sydney@nd.edu.au

Internet: www.sydney.nd.edu.au

140 Broadway (PO Box 944), Broadway NSW 2007

Admissions Office, Sydney Campus

Phone: (02) 8204 4404

Fax: (02) 8204 4422

E-mail: Sydney@nd.edu.au

Internet: www.sydney.nd.edu.au

140 Broadway (PO Box 944), Broadway NSW 2007

For information pertaining to the Course and Practicum Placements, please contact:

Program Coordinator

Dr Cathy Bettman

Phone: (02) 8204 4103

E-mail: cathy.bettman@nd.edu.au

Administration Office, School of Arts and Sciences

Phone: (02) 8204 4100

E-mail: sydney.artssciences@nd.edu.au

FAQs

What is the program structure?

The program consists of weekly lectures and intensive/ weekend workshops. In the second year of study research elective courses provides the opportunity to complete a research project and/or research training courses. This makes it appealing to those who wish to gain research experience. Placement and supervision also takes place in the second year.

Can I claim advanced standing for prior learning?

If you have gained relevant qualifications or completed appropriate programs you may apply for recognition of prior learning. Note that all applications are subject to approval by the Dean of Arts & Sciences.

How long does it take to complete the program?

2 years full time (and part time equivalent).

What can I expect from placements?

Students will negotiate a suitable day with their chosen supervisor to attend the placement location. In liaison with the course coordinator, students are expected to be supervised at least once a fortnight. Upon enrolment more details will be available in the placement kit.

Do I need police checks?

Some organisations may require the trainee to provide a police clearance. The course coordinator may discuss this with you.

Do I require immunisation?

Some organisations may require the trainee gets immunisation shots prior to commencing the placement. The coordinator may discuss this with you if required.

Can I enrol mid-year?

Yes students may enrol mid-year.

This publication reflects policy and practice in force as at **16th November 2021**, and takes no account of developments and changes made since that date. Every effort has been made to ensure that this publication is correct at the time of printing. The University reserves the right to make subsequent changes. The content and details of courses and programs offered by the University of Notre Dame Australia may vary from time to time. Please consult the Notre Dame website for updates and amendments.