

Course Code	HP4108
Course Title	Psychological Therapies and Counselling
Pre-requisites	HP1000 Introduction to Psychology HP1100 Fundamentals of Social Science Research HP2700 Abnormal Psychology
No of AUs	4 AUs

Course Aims

This course aims to introduce micro-counselling skills and provide a practical and research-based introduction to the major psychological therapies. Psychological therapies covered in this course include cognitive behavioural therapy, dialectical behaviour therapy, acceptance and commitment therapy, and psychodynamic therapy. The course provides hands-on experience in specific therapeutic techniques and practice in developing treatment formulations for clinical cases.

Intended Learning Outcomes (ILO)

By the end of this course, you should be able to:

1. Describe the basic theoretical underpinnings of major psychological therapies.
2. Understand and practice the fundamental elements involved in developing a psychotherapy treatment formulation.
3. Understand and practice basic principles of counselling skills and processes.
4. Understand how research on psychotherapy outcomes and efficacies is conducted.
5. Understand ethical issues in the practice of psychological therapies.

Course Content

This course will cover the following topics:

- An Overview of Psychological Therapies
- Principles of Case Formulation
- Micro-counselling Skills
- Behaviour Therapy
- Cognitive Therapy
- Acceptance and Commitment Therapy
- Dialectical Behaviour Therapy
- Psychodynamic Therapy
- Systemic (Family) Therapy
- Motivational Interviewing
- Evaluating Psychological Therapies
- Ethics

Assessment (includes both continuous and summative assessment)

Component	ILO Tested	Related Programme LO or Graduate Attributes	Weighting	Team/Individual
1. Final Examination	1, 2	Competence	40%	Individual
2. Individual Essay	1, 4, 5	Competence	25%	Individual
3. Group Project Presentation	3, 4, 5	Competence, Character	25% (Team: 20% Individual: 5%)	Team/ Individual
4. Class Participation	1, 2, 3, 4, 5	Competence, Cognitive agility	10%	Individual
Total			100%	

Formative feedback

1. Verbal feedback during in-class discussions on the individual essay and the group presentation.
2. Written summative group feedback via NTULearn on the examination following the conclusion of the module.

Learning and Teaching approach

Approach	How does this approach support you in achieving the learning outcomes?
Seminars	Interactive seminars on each topic that introduce students to the relevant concepts and issues, allow them to ask questions, and stimulate discussion on practical concerns.
Group presentation and demonstration	Team learning will allow you to pool individual strengths, collate and exchange ideas, consider others' perspectives, and appreciate team work in applying theoretical knowledge to clinical populations. You will also demonstrate intervention skills, requiring you to gain knowledge and skills through experiential learning.

Reading and References

- Murdock, N. L. (2017). Theories of counseling and psychotherapy: A case approach. New York: Pearson
- Barlow, D. H. (2021). Clinical handbook of psychological disorders: A step-by-step treatment manual. The Guilford Press.
- Beck, J. S. (2020). Cognitive behavior therapy: Basics and beyond. The Guilford Press.

Miller, W. R. & Rollnick, S. (2012). Motivational interviewing: Helping people change. The Guilford Press.

Selected journal articles will be uploaded on NTULearn.

Course Policies and Student Responsibilities

(1) General

You are expected to complete all assigned pre-class readings and activities, attend all seminar classes punctually and take all scheduled assignments and tests by due dates. You are expected to take responsibility to follow up with course notes, assignments and course related announcements for seminar sessions you have missed. You are expected to participate in all seminar discussions and activities.

(2) Absenteeism

Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies. If you miss a lecture, you must inform the course instructor via email prior to the start of the class.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognize your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [academic integrity website](#) for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Planned Weekly Schedule

Week	Topic	ILO	Readings/ Activities
Week 1	(i) An Overview of Psychological Therapies (ii) Principles of Case Formulation	1, 2, 3	Murdock (2017), Chapter 1
Week 2	Micro-counselling Skills	1, 3	Role-plays
Week 3	Behaviour Therapy	1, 2, 3, 4	Murdock (2017), Chapter 8;

			Barlow (2021), Chapter 9
Week 4	Cognitive Therapy	1, 2, 3, 4	Murdock (2017), Chapter 10; Barlow (2021), Chapter 7; Beck (2020)
Week 5	(i) Cognitive Behavioural Therapy (ii) Emerging Trauma Therapies	1, 2, 3, 4	Barlow (2021), Chapter 2; Journal articles
Week 6	Acceptance and Commitment Therapy	1, 2, 3, 4	Murdock (2017), Chapter 16;
Week 7	Dialectical Behaviour Therapy	1, 2, 3, 4	Murdock (2017), Chapter 16; Barlow (2021), Chapter 10
Week 8	Psychodynamic Therapy	1, 2, 4	Murdock (2017), Chapter 2; Journal articles
Week 9	Systemic (Family) Therapy	1, 4	Murdock (2017), Chapter 13
Week 10	Motivational Interviewing	1, 2, 3, 4	Miller and Rollnick (2012)
Week 11	Group Presentation	1, 2, 3, 4	Nil
Week 12	Group Presentation	1, 2, 3, 4	Nil
Week 13	(i) Evaluating Psychological Therapies (ii) Ethics	4, 5	Murdock (2017), Chapter 17