

P115 AO 101: Basic Skills in Counselling Lesson Plan

Class No: 1

18/06/2016

1. Introductions: using icebreakers and group activities to help build rapport of the students with each other and with the teacher/ instructor.
2. Continue introduction of the syllabus and internal assessment in a detailed fashion so as to clarify any misconceptions.
3. Begin Module 1: The meaning and definition of counselling and mentoring.
4. Methods of teaching: lecture, learning activities and group discussion.

Class No: 2

25/06/2016

1. Continue and complete Module 1: qualities of a counsellor, ethical issues, self awareness, and models of counselling and mentoring,.
2. Begin Module 2: rapport building and attending and observation skills.
3. Methods of teaching: lecture and group discussions, dyads for skills practice.
4. Use group activities.

Class No: 3

02/07/2016

1. Continue and complete Module 2: questioning skills, positive asset search.
2. Methods of teaching: lecture and dyads for skills practice.
3. Begin Module 3: encouraging, paraphrasing and summarizing
4. Methods of teaching: lecture and dyads for skills practice.

Class No: 4

09/07/2016

1. Continue and complete module 3: reflection of feeling and emotions - empathy, identification of emotions, expression of emotions and regulation of emotions.
2. Methods of teaching: lecture and dyads for skills practice
3. Use of group activities for a deeper focus on emotions and reflection of feelings.
4. Use group activities.

Class No: 5

16/07/2016

1. Module 4: case history and structuring a session.
2. Methods of teaching: lecture and dyads.
3. Continue and complete module 4: self esteem.
4. Methods of teaching: lecture and individual and group activities for self esteem.

Class No: 6

23/07/2016

1. CIA 1 - quiz of the first 4 modules
2. Begin Module 5: person-centered theory - core condition of counselling and mentoring.
3. Psychoanalytic theory - unconscious and defense mechanisms
4. Methods of teaching: lecture and group activities.

Class No: 7

30/07/2016

1. Begin Module 6: Erickson's Psycho-social development
2. Method of teaching: lecture and group activity to apply the theory to a situation/ case.
3. Behavioural theory - classical and operant conditioning
4. Method of teaching: lecture and learning activity to apply the theory to a situation or case.

Class No: 8

06/08/2016

1. Begin Module 7: CBT and ABC theory
2. Teaching methods: lecture and learning activities
3. Peer pressure and assertiveness training

Class No: 9

13/08/2016

1. Begin Module 8: anxiety, depression and suicide.
2. Characteristics of these illness and criteria in order to be able to identify these illness.
3. Method of teaching: lecture and learning activities.

Class No: 10

20/08/2016

1. Begin Module 9: boundaries as a teacher, and mentor.
2. Stress and Stress Management Techniques.
3. Work-life balance
4. Teaching methods: lecture and group activities.
5. Referral - importance and skills.

Class No: 11

27/08/2016

1. CIA 2

References will be provided to the students at the end of every class so that they can access the information about the topics focused on in the class.