

COURSE CODE: HSM 423
COURSE TITLE: FAMILY AND COMMUNITY COUNSELLING
NUMBER OF UNITS: 2 UNITS
COURSE DURATION:

COURSE DETAILS:

Course Coordinator: DR. (MRS) LASODE
Email:
Office Location:
Other Lecturers:

COURSE CONTENT:

The Course will introduce students to the concept and the interdisciplinary nature of counselling, roles of counsellors, limitations and types of clients and youth problems. The psychology of the Nigerian family, roles of family, peer group, school, community and government in counselling will be examined. The various counselling basic skills and techniques will be discussed, follow up and evaluation in counselling will also be discussed. Students will engage in community counselling practicum.

COURSE REQUIREMENTS:

READING LIST:

LECTURE NOTES

Objectives

On successful completion of this Course, students will be able to:

- Understand the concept of counselling
- Discuss counselling as profession and its interdisciplinary background
- Have a clear grasp of counsellor's roles and limitations

- Discuss types of clients and how to gather information from clients
- Discuss the fundamentals of basic counselling skills and practice methods of helping used traditionally by communities, as well as mainstream of counselling skills
- Examine the Nigeria family, its structure, organization and impact on family violence intervention
- Appreciate the roles of family, school, peer group, community and government in counselling
- Review and discuss counselling techniques
- Understand what follow-up and evaluation connote in counselling
- Practice their counselling skills, under close supervision.

Course Outline

Description

1. The Concept of Counselling
2. Counselling: A growing profession
3. Counsellor: Roles and Limitations
4. Types of Clients and Youth problems
5. Basics Counselling Skills
6. Psychology of Family Life
7. Roles of Family Peer Group, School, Community, and Government in Counselling
8. The Counselling Techniques/Process
9. Evaluation of Counselling
10. Family and Community Counselling Practicum.

NOTE: These are distributed into lecture format.

REFERENCES

- Heppner, P., Leong, F.T.L., Chiao, H. (2008). A growing Internationalization of Counselling Psychology. Handbook of Counselling Psychology. John Wiley & Sons: New York.
<http://www.apa.org/ed/accreditation/counspsy.html>
- Effects of Experience in Judgement Accuracy. *The Counselling Psychologist* 2009 37: 350-399.
- Williams, E. N., Hayes, J. A., & Fauth, J. (2008). Therapist self-awareness: Interdisciplinary connections and future directions. In S. Brown & R. Lent (Eds.), *Handbook of Counselling Psychology* (4th ed) (pp. 267-283). NY: Wiley.
- Vogel, D. L., Wade, N. G., & Hackler, A. H (2007). Perceived public stigma and the willingness to seek counselling: The mediating roles of self-stigma and attitudes towards counselling. *Journal of Counselling Psychology*, 54, 40-50
- Swift, J.K., & Callahan, J.L. (2008). A delay discounting measure of great expectations and the effectiveness of psychotherapy client decision making. *Professional Psychology: Research and Practice*, 39, 581-588.
- Fundamentals of Counselling by Shertzer and Stone.
- Introduction to concepts and techniques in Behaviour modification by Oniye, A.O & Abdulkadir O.R
- Fundamentals of Counselling Practicum for University Undergraduates Edited by Prof. S. H. Umoh ;
Dr. (Mrs) O. F. Akinpelu; Dr. A. O. Aremu; Dr. Ayo Hammed