



<b>Course Title: Counseling Methods</b>
<b>Course Code: 406ELEC-2</b>
<b>Program: BACHELOR IN NURSING</b>
<b>Department: NURSING</b>
<b>College: COLLEGE OF NURSING</b>
<b>Institution: JAZAN UNIVERSITY</b>
<b>Version: 2024</b>
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## A. General information about the course:

Course Identification	
1. Credit hours:	2
2. Course type	
a.	University <input type="checkbox"/> College <input type="checkbox"/> Department <input checked="" type="checkbox"/> Track <input type="checkbox"/> Others <input type="checkbox"/>
b.	Required <input type="checkbox"/> Elective <input checked="" type="checkbox"/>
3. Level/year at which this course is offered:	12 <sup>th</sup> Level/4 <sup>th</sup> year
4. Course General Description: This course is an elective course for undergraduate 3 <sup>rd</sup> year nursing students. It enables students to apply in-depth knowledge of theoretical techniques and a range of the necessary skills that underpin cognitive, behavioural, and person-centred approaches to counselling. The course prepares nursing students to cover areas such as bereavement and loss, counselling of oncology patients, premarital counselling, addictions, child welfare and other diseases.	
5. Pre-requirements for this course (if any): NONE	
6. Co-requirements for this course (if any): NONE	
7. Course Main Objective(s) At the end of this course, the students will:	
<ol style="list-style-type: none"> <li>1- Learn and practice today's most modern counselling frameworks and skills.</li> <li>2- The ever-increasing demand for counsellors creates an opportunity for students to assist those in need via community-based counselling programs or by setting up their counselling practice and providing the opportunity to learn one of today's fastest-growing and most respected professions.</li> <li>3- Become familiar with the core issues presented in counselling and methods of how to approach them.</li> <li>4- Develop a strong understanding of counselling as a distinct interpersonal process.</li> <li>5- Lay a strong foundation of knowledge &amp; competency that can be transferred into their work.</li> <li>6- Establish healthy counselling relationships and create an environment conducive to helping others gain clarity &amp; insight.</li> <li>7- Acquire a skill set that will significantly improve their understanding of the common issues people face within their social circles.</li> </ol>	

### 1. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1.	Traditional classroom	(2*12) = 24	100%
2.	E-learning		
3.	Hybrid <ul style="list-style-type: none"> <li>Traditional classroom</li> <li>E-learning</li> </ul>		
4.	Distance learning		

### 2. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	12 * 2= 24
2.	Laboratory/Studio	
3.	Field	
4.	Tutorial	
5.	Others (small group discussion)	
	Total	24 hour/semester

## B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with the program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Describe several classification models of counselling theories/systems	K1	Lectures	Theory written exam
1.2	Identify various types of counselling assessments.	K2	Lectures/assignments	Theory written exam
1.3	Recall theories, techniques, and strategies to overcome the barrier of patient counselling.	K3	collaborative learning team project	Theory written exam
2.0	Skills			
2.1	Demonstrate the ability to evaluate the components of counselling regarding appropriateness to the client's presenting problem, setting, and issues of multiculturalism.	S1	Presentation	Theory written exam
2.2	Utilize counselling skills and advanced counselling interventions.	S2	Lecture	Theory written exam
2.3	Articulate the professional and ethical role of a counsellor	S5	Lecture	Theory written exam
3.0	Values, autonomy, and responsibility			
3.1	Articulate the professional and ethical role of a counsellor	V1	Collaborative learning	Theory written exam
3.2	Perform effectively counselling case management	V2	Collaborative learning	Theory written exam

## C. Course Content

No	List of Topics	Contact Hours
1	Syllabus introduction. + Introduction to counselling + Principles and types of counselling	2
2	Counselling theories, techniques, and practice skills	2
3	Strategies to overcome barriers of patient counselling + Ethical, multicultural, and professional issues in counselling.	2
4	Grief and loss counselling + Premarital counselling	2

5	Child welfare Antenatal counselling + Addiction counselling	2
6	Coping with chronic illnesses + Patient Education and counselling	2
7	Counselling in early detected cancer cases	2
8	Counselling and practical application of genetics in nursing	2
9	Role of nurse in genetic counselling	2
10	Group work: Counselling case management demonstration	2
11	Review	2
12	Final Exams	2
Total		24

## D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in a week, no)	Percentage of Total Assessment Score
1.	Participation	1 to 9	5%
2.	Seminars (Assignment & Presentation)	Three to 10	10%
3.	Quiz	3	10%
4.	Midterm exam	5	25%
5.	Final exam	12	50%

\*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.)



## E. Learning Resources and Facilities

### 1. References and Learning Resources

Essential References	<ul style="list-style-type: none"> <li>Seligman, L., &amp; Reichenberg, L.W. (2014). Theories of counselling and psychotherapy: Systems, strategies, and skills (4<sup>th</sup> ed.). Upper Saddle River, NJ: Pearson.</li> <li>Tschudin, V., Tindall, B. (1995). Counselling skills for nurses. (4<sup>th</sup> ed.).</li> <li>Hough M, 2014, counselling skills and theory (4<sup>th</sup> ed), Italy</li> </ul>
Supportive References	<ul style="list-style-type: none"> <li>Jones, R.N. (2015). Basic counselling skills: A helper's manual. (4<sup>th</sup> ed.). <a href="https://freebookbrowser.com/categories/counselling.php">https://freebookbrowser.com/categories/counselling.php</a></li> </ul>
Electronic Materials	<ul style="list-style-type: none"> <li><a href="https://freebookbrowser.com/categories/counselling.php">https://freebookbrowser.com/categories/counselling.php</a> <a href="http://www.researchautism.net/interventionitem.ikml?print&amp;ra=15&amp;infolevel=4tc">http://www.researchautism.net/interventionitem.ikml?print&amp;ra=15&amp;infolevel=4tc</a>.</li> <li><a href="http://www.ahcpr.gov/research/elderdis.htm">http://www.ahcpr.gov/research/elderdis.htm</a>.</li> <li><a href="https://www.questia.com/library/120096133/learning-the-language-of-addiction-counseling">https://www.questia.com/library/120096133/learning-the-language-of-addiction-counseling</a>.</li> </ul>
Other Learning Materials	

### 2. Required Facilities and equipment

Items	Resources
facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Lecture rooms
Technology equipment (Projector, smart board, software)	projector, smart board, software
Other equipment (Depending on the nature of the speciality)	Properly equipped library for textbooks and other – reference materials.



## F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students	Course Report Students' teaching evaluation questionnaire. Continuing feedback from students during the semester.
Effectiveness of students' assessment	Instructor	Course Report CLO Evaluation survey Continuing feedback from students during the semester.
Quality of learning resources	Quality Assurance Unit	Students Satisfaction Survey Continuing feedback from students during the semester.
The extent to which CLOs have been achieved	Instructor	Course Report CLO Evaluation survey Continuing feedback from students during the semester.
Other		

**Assessor** (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

**Assessment Methods** (Direct, Indirect)

## G. Specification Approval Data

COUNCIL /COMMITTEE	PLANS AND CURRICULUM COMMITTEE-COLLEGE OF NURSING
REFERENCE NO.	
DATE	