



Course Specification

(Bachelor)

Course Title: Counseling Methods

Course Code: 406ELEC-2 *Enter Course Code.*

Program: BACHELOR IN NURSING

Department: NURSING

College: College of Nursing and Health Sciences

Institution: JAZAN UNIVERSITY

Version: 2024 -2025

Last Revision Date: 23/11/ 2024



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A. General information about the course:

1. Course Identification

1. Credit hours: (2)

2. Course type

A. ☐ University ☐ College ☐ Department ☐ Track ☒ Others
B. ☐ Required ☒ Elective

3. Level/year at which this course is offered: 8th Level/4th year

4. Course general Description:

This course is an elective course for undergraduate 4th 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 understand human behavior and counseling techniques which help them to manage any psychosocial problem they could face with their different patients

5. Pre-requirements for this course (if any):

NONE

6. Co-requisites for this course (if any):

NONE

7. Course Main Objective(s):

At the end of this course, the students will:

- 1-Learn and practice today's most modern counselling frameworks and skills.
- 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.
- 3-Become familiar with the core issues presented in counselling and methods of how to approach them.
- 4-Develop a strong understanding of counselling as a distinct interpersonal process.
- 5-Lay a strong foundation of knowledge & competency that can be transferred into their work.





6-Establish healthy counselling relationships and create an environment conducive to helping others gain clarity & insight.

7-Acquire a skill set that will significantly improve their understanding of the common issues people face within their social circles.

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	(2*14) = 28	100%
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> Traditional classroom E-learning 		
4	Distance learning		

3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	15 * 2= 30
2.	Laboratory/Studio	
3.	Field	
4.	Tutorial	
5.	Others (specify)	
Total		30

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

Code	Course Learning Outcomes	Code of PLOs aligned with 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



Code	Course Learning Outcomes	Code of PLOs aligned with program	Teaching Strategies	Assessment Methods
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
1.3	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.	2
2.	Therapeutic counselling and counselling skills	2
3	Issues which bring people to counselling	2
4	Self-development and self-awareness in counsellor training	2
5	The structure of counselling and Theoretical approaches in counselling	2
6	Counselling skills	2
7	Psychodynamic counselling: key concepts	2
8	Psychodynamic counselling: key concepts	2
9	Gestalt counseling	2
10	Psychodrama and counselling	2
11	Cognitive behaviour therapy counselling	2
12	Ethical considerations	2
13	Applications on different populations	2
14	Applications on different populations	2
15	Revision	2
Total		30

D. Students Assessment Activities:

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Student discipline and behavior	Week 1 to 13	5%
2.	Assessment Assignment 10%-week 9 to 14 Short quiz 5% week 3 to 7	5 to 7	15%
3.	Midterm theory	Week 8 to 9	30%
4	Final Assessment	16	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	Hough M, 2014, counselling skills and theory (4th ed), Italy
Supportive References	





Electronic Materials	
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		

Assessors (Students, Faculty, Program Leaders, Peer Reviewers, Others (specify))

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	Nursing Department Council
REFERENCE NO.	NUR 2508
DATE	Jan 15, 2025



