



SOCP121

Psychology & Counselling Theory

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Acupuncture)	Core	Year 2	Semester 4
Bachelor of Health Science (Naturopathy)	Core	Year 2	Semester 3
Bachelor of Health Science (Clinical Nutrition)	Core	Year 1	Semester 2
Bachelor of Complementary Medicine	Core	Year 2	Semester 4
Diploma of Health Science	Elective	Year 1	Semester 1 or 2

EFTSL: 0.0625

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: SOCF111

Subject overview

This subject focusses on developing students' knowledge of counselling skills and approaches within complementary medicine practice. Students will explore how to facilitate the initial consultation with the client, to gather information and build rapport. Students will examine how to analyse clients' cases using the holistic approach to health. With scope of practice, cultural and ethical considerations in mind, students will be presented with the key principles from the major counselling and psychology theories with a focus on humanistic approaches. Psychodynamic, behavioural and, cognitive-behavioural approaches will also be explored.