

Revised Counselling Programme Chart: 2023

| YEAR ONE | | YEAR TWO | | YEAR THREE | |
|---|--|---|--|---|---|
| Semester 1 | Semester 2 | Semester 1 | Semester 2 | Semester 1 | Semester 2 |
| TPC5191 PIPI 1a (15cr) Introduction to Person-Centered Skills Level 5 | TPC5192 PIPI 1b (15cr) Person-Centered Ethics & Practice Level 5 | TPC6293 PIPI 2a (15cr) Personal Inquiry and Professional Integration (PIPI) 2: Introduction to Cognitive Behavioural Skills Level 6 | TPC6294 PIPI 2b (15cr) Personal Inquiry and Professional Integration (PIPI) 2: Cognitive Behavioural Therapy Theory and Practice Level 7 | TPC7391 PIPI 3A: Introduction to Narrative Therapy (15cr) Level 7 | TPC7392 Narrative Practices with Couples and Families (15cr) Level 7 |
| FPC5117 (15cr) Vision & Vocation Level 5 | TPC6362 (15cr) Introduction to Working with Trauma Level 6 | TPC6271 (15cr) Whānau and Family: Locating Ourselves Level 6 | TPC6272 (15cr) Working with Whānau and Families: Applied Theory to Developing Practice Level 6 | TPC6321 (15cr) Working In Groups Level 7 | CPS7340 (15cr) Working Inclusively Level 7 |
| TPC5160 (15cr) Common Issues Level 5 | CPS5144 (15cr) Tangata Whenua, Tangata Tiriti Level 5 | TPC6292 (15cr) Counselling Children and Young People Level 6 | TPC6241 (15cr) Introduction to Mental Health & Addictions Level 6 | TPC7381 (30cr) Advancing Practice: Thinking systematically, working creatively, applying research Level 7 | |
| TPC5141 (15cr) Counselling in Aotearoa: Approaches & Contexts Level 5 | FPC5116 (15cr) Human Lifespan Level 5 | TPC5201 Practicum 01 (15cr) Level 5 TPC6375 Practicum 2 (15cr) Level 6 Integrative Counselling Practice | | TPC7303 Practicum 03 (15cr) Level 7 TPC7376 Practicum 4 (15cr) Level 7 Integrative Counselling Practice | |

Shared papers by counselling and social work students

TPC5191 PIPI 1a Introduction to Person–Centered Skills (15cr) – Level 5

The kaupapa or purpose of this course is to grow students' ability to connect with self, and others through the development of the core values and skills required for collaborative partnerships, based upon ideas of hospitality and manaakitanga. This is done by reflecting on Jesus' call to love others within a professional context. The link between personal and professional development will be emphasised.

FPC5117 Vision & Vocation (15cr) - Level 5

This course relates students' personal journeys of faith to the biblical call towards holistic formation and its practical demonstration in social and professional life. Students will reflect on how a vision of God's character and mission informs and inspires their vocational call.

TPC5160 Common Issues (15cr) - Level 5

Common Issues in counselling offers an introduction to a range of presenting clinical issues that affect many individuals, families and whānau and the community. There is significant focus on discussion, self-reflection and analysis in order to develop knowledge and self-awareness in having an understanding in relation these issues. The introduction includes a Christian faith and bi-cultural aspects.

TPC5141 Counselling in Aotearoa: Approaches & Contexts (15cr) - Level 5

By examining the way that Jesus engaged with social institutions of "power", and preferred the company of those rendered less powerful, this course acknowledges the power of counselling to transform lives and communities. It explores the purposes and functioning of counselling agencies working in communities in Aotearoa New Zealand socio-political context in order to understand the development of the profession and the application and implications of Te Tiriti o Waitangi for them. The course provides a valuable opportunity for students to reflect upon the work of counselling professionals both at national and local levels when faced with the socio-political issues of clients. More specifically, how counsellors account for the socio-political contexts of their clients when translating counselling theory into practice.

To provide further context the course will present a brief overview of the cultural make-up and the social and political landscape of Aotearoa New Zealand and discuss some foundational theories and models of practice that have underpinned the development and progress of counselling in Aotearoa since its inception. This will include the contributions that both Māori and Tangata Pasifika models of counselling have made to emerging understanding and development of a unique Aotearoa New Zealand response to counselling practice and its relationship with communities.

TPC5192 PIPI 1b: Person-Centred: Preparation for Practice (15cr) – Level 5

The kaupapa or purpose of this course is to grow students' ability to connect with self, and others through the development of the core values and skills required for collaborative partnerships, based upon ideas of hospitality and manaakitanga. This is done by reflecting on Jesus' call to love others within a professional context. The link between personal and professional development will be emphasised. In PIPI 1b (Person-Centred: Preparation for Practice) counselling students will further hone their core skills and examine in depth the links between personal and professional development in practice with a strong emphasis on ethics in action.

TPC6365 Introduction to Trauma (15cr) - Level 6

This paper continues to develop students' ability to have a theory informed practice (evidence-based) in order to be able to work intentionally with clients' who present in counselling with symptoms of psychological trauma. The course is based on the bio-psycho-social-spiritual model of well-ness and introduces the concept of trauma-informed practice. The course considers contextual reflections on faith and spirituality within therapeutic practice by engaging with Biblical principles as part of an exploration of the relationship between trauma and spirituality/faith. Throughout the paper, bi-cultural knowledge and skills are developed by drawing on indigenous models of health and well-being. Students are introduced to the tripartite model of trauma recovery and encouraged to critique its value using current literature and considering the characteristics of Christ-centred practice. Due to the particular challenges of working with adults and children who have experienced trauma, the importance of counsellor self-care is also discussed.

CPS5144 Tangata Whenua, Tangata Tiriti (15cr) – Level 5

The course aims to give you an understanding of Māori as tangata whenua (indigenous people) of Aotearoa New Zealand. The course covers aspects of Te Ao Māori (Māori world), tikanga (culture), te reo Māori (the Māori language), and Te Tiriti o Waitangi (The Treaty of Waitangi). Integral to these aims will be an exploration of the relationship between biblical perspectives, the 'story of the Treaty', Māori relations and what that means for us as counsellors and social workers in the Aotearoa New Zealand context.

FPC5116 Human Lifespan (15cr) – Level 5

Working in helping professions requires an appreciation and understanding of the complexity and intricacies of human development across the lifespan and in the context of the environments in which people live. The human lifespan is studied from conception to death within a biblical, familial, social and cultural context to enhance understanding, respect and acceptance of diversity. Developments, across physical, psychological, emotional, social, moral and spiritual domains are explored. Key knowledges of human development will be described, including commonly understood theories as well as Te Ao Māori and other diverse perspectives. These knowledges will be applied to the understanding of one's own development and to support stage-appropriate professional practice as a counsellor or social worker.

TPC6293 PIPI 2a Personal Inquiry and Professional Integration (PIPI) 2: Introduction to Cognitive Behavioural Skills (15cr) – Level 6

The course continues the emphasis on therapeutic connection as the basis of practitioner work. This course will introduce students to the background, core underlying principles, theory, application, and skills related to Cognitive Behavioural Therapy (CBT). The course will include an experiential component to enhance learning, including group skills practice and deliberate practice goals.

TPC6271 & CPS6271SW Whānau and Families: Locating ourselves (15cr) – Level 6

This course considers the impact of one's whānau and or family of origin and the dominant stories within, to heighten awareness of the power of whānau and or family patterns to influence the whānau or family life of successive generations.

An exploration of the challenges of, and possibilities for, whānau and or family life will give students an understanding of issues facing whānau and families today. An introduction to whānau and family systems, ideas, genograms, and theories about whānau and family functioning will give students a foundation learning about locating themselves in relationship with whānau and family work. Students will bring together an understanding of how their own whānau and or family experience informs their engagement with a range of perspectives and types of whānau and or families.

TPC6292 Counselling Children and Young People (15cr) – Level 6

Working effectively with children and young people requires counsellors to be knowledgeable, flexible, and skilled. This paper is an opportunity for students to expand their understanding of children and young people's worlds, develop creative therapeutic ways of counselling and consider the challenges and dilemmas that may occur when working with these client groups.

TPC6294 PIPI 2b Personal Inquiry and Professional Integration (PIPI) 2: Cognitive Behavioural Therapy Theory and Practice (15cr) – Level 7

The course continues the emphasis on therapeutic connection as the basis of practitioner work. This course will expand understanding of the background, core underlying principles, theory, application, and skills related to Cognitive Behavioural Therapy (CBT). The course will include developing an understanding of other theories developed as branches of CBT. The course will include an experiential component to enhance learning, including group skills practice and deliberate practice goals.

TPC6272 Working with Whānau and Families: Applied Theory to Developing Practice (15cr) – Level 6

Social work and counselling practitioners work with whānau and families to journey toward whānau ora or wellbeing. The purpose of this course is to develop understanding and skills to work with whānau and families. Within Te Tiriti informed practice and biblical narratives, students will develop their practice approach. This will include an evaluation of models, positions and approaches. Students will develop skills for everyday practice, with emphasis on the professional development of the counsellor/social worker, including engagement, communication and facilitation skills.

TPC6241 Introduction to Mental Health & Addictions (15cr) – Level 6

This course increases students' developing awareness and understanding of key subjects within the mental health and addiction sector in the Aotearoa New Zealand context. Subjects include mental health and addiction conditions presenting in community settings and consolidation of a person-centered, recovery-focused and reflexive approach to counselling practice. A deepening understanding of Māori approaches to practice and developing a culturally responsive approach in the Aotearoa context is also gained, with an emphasis on the personal and professional reflexive cultural positioning of students.

TPC5201 Practicum 01 (15cr) - Level 5

This course will give the opportunity for students to apply their knowledge, understanding, skills and personal insights developed in course work to practice settings and reflect on the personal and professional interface.

TPC6302/6375 Practicum 02/2 – Level 6

This course will give the opportunity for students to apply their knowledge, understanding, skills and personal insights developed in course work to practice settings and to reflect on the personal and professional interface.

TPC7391 PIPI 3A: Introduction to Narrative Therapy (15cr) – Level 7

PIPI 3: Narrative Therapy continues the emphasis of connecting with people explored in Professional Practice 2 and PIPI 2: CBT. The emphasis on considering people as shaped in their social contexts has already been introduced through the papers – Professional Practice 1 and Families & Whanau. PIPI 3: Narrative Therapy expands on these ideas and relates them specifically to the incorporation of Narrative Therapy ideas and practice skills into final year students' own developing counselling approach.

TPC6321 Working with Groups (15cr) – Level 7

Social work and Counselling practitioners are involved in a variety of modes of practice within their professions including working within group settings. The kaupapa or purpose of this course is to equip people with the knowledge and skills to work with a range of clients in a group setting. This will be achieved by applying the theory for working in group contexts, including theories of group behaviour and group work processes, to everyday practice. There will be emphasis on the person of the facilitator, setting up groups, contracting with groups, an introduction to group facilitation skills, and the impact of cultural diversity and differing communities in group process.

TPC7392 Narrative Practices with Couples and Families (15cr) – Level 7

Narrative Practices with Couples & Families continues the emphasis explored in PIPI3 of understanding people as shaped by social contexts and using narrative therapy ways of understandings and skills to support people (clients) to live-out preferred realities. Particular consideration is given to the contextual environment and power relations within language, scaffolding inquiry that facilitates people within their relationships to take-up more agentic individual, couple and family narratives.

CPS7340 Working Inclusively (15cr) – Level 7

Aotearoa New Zealand's covenant document, Te Tiriti O Waitangi, embeds the importance of participation, partnership and protection between iwi and tauwi. On this foundation, New Zealand has become increasingly multicultural as more people have immigrated here. Consequently, the challenge for social workers and counsellors in New Zealand is to be able to work effectively cross culturally, understanding and respecting difference in actions that demonstrate the biblical mandate to 'love your neighbour'/'kia aroha koe ki tōu hoa tata, anō ko koe'. The theory and application of effective cross cultural and other inclusive interactions, including culture and ethnicity, immigration, gender, sexuality, disability, age and religion are identified and developed in this course.

TPC7381 Advancing Practice: Thinking systematically, working creatively, applying research (30cr) - Level 7

Details coming...

TPC7375/TPC7303 Practicum 3/03 (15cr) - Level 7

This course will give the opportunity for students to apply their knowledge, understanding, skills and personal insights developed in course work to practice settings and to reflect on the personal and professional interface.

TPC7304/TPC7376 Practicum 4/04 (15cr) – Level 7

This course will give the opportunity for students to apply their knowledge, understanding, skills and personal insights developed in course work to practice settings and to reflect on the personal and professional interface.