

Module descriptions for Community Counselling 2010

Details of the Certificate in Community Counselling (NQF5)

Psychology (8 x 6 credits)	Community Counselling (7 x 6 credits)	Family Studies (4 x 6 credits)
Introduction to Psychology A	Counselling Skills	Family and Development A
Introduction to Psychology B	Group Counselling	Family and Development B
Developmental Psychology A	Counselling and Pastoral Care	Singleness and Marriage
Developmental Psychology B	Solution-Focussed Brief Therapy	Life Skills
Abnormal Psychology A	Youth Issues	Practical (12 credits)
Abnormal Psychology B	AIDS Counselling	Counselling Fieldwork
Modalities of Psychotherapy	Crisis Counselling	Information Skills (6 credits)
Psychology and Spirituality		Information and Computer Literacy

Module Descriptions

Information Skills

Computer and Information Literacy

The module focuses on the ability to define an information need, and thereafter being able to find, evaluate, use, and communicate information. The latter skills are supported by basic computer literacy in the Microsoft Office Suite, the World Wide Web and e-mail.

Psychology

Abnormal Psychology A & B

These modules examine the diagnosis, causes and treatment of mental health problems together with clinical assessment procedures.

Developmental Psychology A and B

These modules provide an overview of the major theories of Developmental Psychology. They aim to help the student understand the models of human development from conception to adolescence and early adulthood to death, to address contemporary concerns in life-span development, and to enhance the awareness of methodological approaches by which human development is investigated.

Introduction to Psychology A

A survey of persons, ideas, and principles in the scientific studies of human behaviour is given. The historical development and current status of psychology and investigative activities and significant findings are reviewed.

Introduction to Psychology B

This module is a continuation of Introduction to Psychology A. The module identifies and explains factors of personality, together with patterns of abnormal behaviour. The module also examines the interface between sociology and social psychology.

Modalities of Psychotherapy

This course is an introduction to the theories, principles, and techniques of various current approaches to psychotherapy and counselling.

Psychology and Spirituality

This module explores the relationship between psychology and the Christian faith. It is an introductory reflection on the definitions of each of these as academic disciplines and a brief evaluation of the differences and similarities of the two. This module attempts to address some concerns students may have as a result of conflicting views and experiences about psychology and the Christian faith.

Community Counselling

AIDS Counselling

This module prepares the Christian mental health worker in basic counselling principles and skills for counselling people suffering from HIV/AIDS. It examines effective personal and community support structures to enhance the quality of life of the person living with HIV/ AIDS and maintains the focus of a Christian worldview on understanding HIV/AIDS in the context of trust, mutual sharing, support and learning.

Counselling and Pastoral Care

This module is an introduction to the practical theology of pastoral care and counselling. The nature of practical theology, pastoral care and the relation between theology and psychology are explored. Models and techniques of the pastoral conversation are learnt and practiced and a sense of pastoral identity is developed.

Counselling Skills

In this module the student is introduced to counselling methodologies and techniques. This module will focus on characteristics of an effective counsellor, crisis counselling and specialised counselling needs.

Crisis Counselling

In this module students will gain an understanding of the dynamics of crisis counselling and knowledge to be equipped with strategies for crisis intervention. It prepares the Christian mental health worker in basic counselling principles and skills in crisis situations and maintains the focus of a Christian worldview on understanding the nature of crisis and the management of crisis.

Group Counselling

This module aims to provide the student with a basic theoretical understanding of groups, group processes, group dynamics and the stages in group development. The module also seeks to provide students with skills to be able to plan and facilitate psycho educational workshops and groups.

Solution-Focussed Brief Therapy

The counsellor becomes frequently bogged down by an overly negative focus on the problems of the client. Brief solution-focused counselling is rooted in positive psychology. It is an encouraging method of enabling both counsellor and client to speedily identify and work towards positive outcomes in the counselling encounter. This module explores the various methods used in brief 'solution-focused' counselling using role play and feedback as a primary teaching tool.

Youth Issues

The module will enable students to understand the contemporary issues facing South African youth in the context of community and society, such as, alcohol and drug abuse, HIV/AIDS, teenage pregnancy, gang violence and malnutrition. The module also encourages the student to read and evaluate perspectives provided by South African social scientists and psychologists across the racial and cultural spectrum.

Family Studies

Family and Development A and B

These modules will survey the themes of marriage development and family issues. The student will be introduced to the dynamics of change within marriage and the family as part of a developmental psychology framework.

Life Skills

In many spheres of training there has been an interest in life skills programmes. This module explores how to design life skills programmes, how to facilitate training groups, and how to demonstrate life skills. This module also examines how to manage structured activities and how to evaluate their success. This is an important module in helping the lay-counsellor to be fully equipped in personal and group interventions.

Singleness and Marriage

This module will focus on the themes of singleness and marriage. The student will be introduced to the social dynamics of both themes, examined from a biblical perspective, as well as analysing the effects of social norms presently operating in a multicultural society