

LIDLAW COLLEGE

Te Wananga Amorangi

900.515 Foundations of Relational Practice (A)

Course Outline

NQF Level: 5

Credit Value: 15

DELIVERY MODE

Auckland and Christchurch

COURSE DESCRIPTION

The conviction that people are best understood as “persons-in-relationship” has implications for the therapeutic approach adopted by the counsellor. This course is the first of six that form a core counselling practice development stream through the Bachelor of Counselling. The course combines theological and theoretical reflection with skill development and group-process workshops. It begins to develop a set of core person-centred practices aimed at I-Thou engagement that emphasise the *restoration* of self-awareness and the enriching of dialogical relationships.

LEARNING OUTCOMES

1. Articulate the key features of person-centred counselling, and relate these to the centrality of relationship in the story of Israel and the Church, and the significance of conversation to the counselling encounter.
2. Demonstrate insight into personal responses to a range of life experiences and people, and how these may assist or inhibit counselling encounter with clients.
3. Demonstrate, in a counselling conversation with a peer, beginning competence with person-centred counselling.
4. Identify and reflect on their own experience of person-centred counselling methods in group process.