

SS2201: INTERPERSONAL COMMUNICATION AND COUNSELLING SKILLS LABORATORY

Effective Term

Semester A 2025/26

Part I Course Overview

Course Title

Interpersonal Communication and Counselling Skills Laboratory

Subject Code

SS - Social and Behavioural Sciences

Course Number

2201

Academic Unit

Social and Behavioural Sciences (SS)

College/School

College of Liberal Arts and Social Sciences (CH)

Course Duration

One Semester

Credit Units

3

Level

B1, B2, B3, B4 - Bachelor's Degree

Medium of Instruction

Other Languages

Other Languages for Medium of Instruction

English, supplemented by
Cantonese / Putonghua in live demonstration, skills rehearsal, and role-play

Medium of Assessment

English

Prerequisites

Nil

Precursors

Nil

Equivalent Courses

Nil

Exclusive Courses

Nil

Part II Course Details

Abstract

This course aims to enable students to examine the elements and processes of human communication, and enhance students' attitudinal and behavioral competence in applying counselling strategies and skills in working with individuals and families with different psycho-social needs.

Course Intended Learning Outcomes (CILOs)

CILOs		Weighting (if app.)	DEC-A1	DEC-A2	DEC-A3
1	Identify the client's needs, values, strengths and expectations, and explain the bio-psycho-social, cultural and environmental factors involved.	20	x	x	
2	Justify and apply appropriate micro-counselling skills creatively, guided by relevant theories, to work with individuals and families with different needs and problems.	40		x	x
3	Apply ethical considerations in counselling practice.	10	x	x	
4	Critically and actively evaluate their own performance in counselling.	30	x	x	

A1: Attitude

Develop an attitude of discovery/innovation/creativity, as demonstrated by students possessing a strong sense of curiosity, asking questions actively, challenging assumptions or engaging in inquiry together with teachers.

A2: Ability

Develop the ability/skill needed to discover/innovate/create, as demonstrated by students possessing critical thinking skills to assess ideas, acquiring research skills, synthesizing knowledge across disciplines or applying academic knowledge to real-life problems.

A3: Accomplishments

Demonstrate accomplishment of discovery/innovation/creativity through producing /constructing creative works/new artefacts, effective solutions to real-life problems or new processes.

Learning and Teaching Activities (LTAs)

LTAs	Brief Description	CILO No.	Hours/week (if applicable)
1	Mini-Lecture	Students will engage in mini-lectures to gain knowledge about the definitions and application of major concepts and practice skills in counselling.	1, 4

2	Experiential Learning Activities	Students will actively participate in structured learning activities, such as case studies, role-plays, skills rehearsals, mutual feedback, discussions on video skill demonstrations, group discussions, and psychological tests, to improve their communication and micro-counselling skills and to increase their empathetic understanding ability to the client situation.	1, 2, 3, 4	
3	Case Plan	Students will engage in active case discussions with their peers and justify and design case plans to solve the clients' problems.	1, 2, 3, 4	
4	Peer Counselling	Students will actively participate in counselling skills practice by taking turns assuming the roles of the counsellors and the clients in peer counselling to identify their strengths and weaknesses in counselling.	1, 2, 3, 4	
5	Reflective Journal Writing	Students will carry out reflective journal writing on what they have learnt in class to consolidate and deepen their knowledge and skills about communication and counselling.	2, 4	
6	Student Consultation	Students will engage in individual or group consultations with their tutors to gain a more in-depth understanding of communication and counselling knowledge and skills.	1, 2, 3, 4	

Assessment Tasks / Activities (ATs)

	ATs	CILO No.	Weighting (%)	Remarks ("-" for nil entry)	Allow Use of GenAI?
1	Case Plan & Reflection Report	1, 2, 3, 4	50	-	No
2	Counselling Demonstration	1, 2, 3	40	-	No
3	Participation & Class Exercises	1, 2, 3, 4	10	-	Yes

Continuous Assessment (%)

100

Examination (%)

0

Assessment Rubrics (AR)**Assessment Task**

1. Case Plan & Reflection Report (2,000 words)

Criterion

Case Plan: Ability to prepare a case plan for the peer counselling
 Ability to review own values, skills, behaviours and emotions arising from learning activities.
 Being aware of relevant ethical considerations.

Excellent (A+, A, A-)

High

Good (B+, B, B-)

Significant

Fair (C+, C, C-)

Moderate

Marginal (D)

Basic

Failure (F)

Not even reaching marginal levels

Assessment Task

2. Counselling Demonstration

Criterion

Mastery of various counselling skills, demonstration of appropriate attitude and empathetic understanding of client.

Excellent (A+, A, A-)

High

Good (B+, B, B-)

Significant

Fair (C+, C, C-)

Moderate

Marginal (D)

Basic

Failure (F)

Not even reaching marginal levels

Assessment Task

3. Participation & Class exercises

Criterion

Active participation in class exercises

Excellent (A+, A, A-)

Very active and take great initiative in engaging in learning activities and class exercises.

Good (B+, B, B-)

Take active initiative in engaging in learning activities and class exercises

Fair (C+, C, C-)

Take initiative in doing learning activities and class exercises.

Marginal (D)

Participate in learning activities and class exercises when being invited.

Failure (F)

Poor participation in learning activities and class exercises even when being invited.

Part III Other Information

Keyword Syllabus

- Understanding interpersonal communication
- Skills for effective counselling
- Empathy, genuineness and unconditional positive regards
- Skills for working with individuals
- Conducting family interviews
- Case plan writing

Reading List

Compulsory Readings

Title	
1	Chong, A., & Chan, R. (2004). Course Pack. Hong Kong: City University of Hong Kong.
2	Parsons, R. & Zhang, N. (2014). Becoming a skilled counselor. Thousand Oaks, CA: SAGE.

Additional Readings

Title	
1	Baldwin, M. (2000). Interview with Carl Rogers on the use of self in therapy. In M. Baldwin, & V. Satir (Eds.), The use of self in therapy (2nd ed.). New York, NY: The Haworth Press.

2	Boylan, J. C., Malley, P. B., & Reilly, E. P. (2001). <i>Practicum and internship: Textbook and resource guide for counseling and psychotherapy</i> (3rd ed.). Philadelphia, PA: Brunner-Routledge.
3	Brown, S. D., & Lent, R. W. (Ed.). (2000). <i>Handbook of counseling psychology</i> (3rd ed.). New York, NY: J. Wiley.
4	Casemore, R. (2011). <i>Person-centred counselling in a nutshell</i> . London, England: SAGE.
5	Capuzzi, D., & Gross, D. R. (Ed.). (2001). <i>Introduction to the counseling profession</i> (3rd ed.). Boston, MA. : Allyn and Bacon.
6	Egan, G. (2013). <i>The skilled helper: A problem-management and opportunity-development approach to helping</i> (10th ed.). Pacific Grove, CA: Brooks/Cole.
7	Mearns, D., & Thorne, B. (2007). <i>Person-centred counseling in action</i> . Los Angeles, CA. SAGE.
8	Miller, L. (2012). <i>Counselling skills for social work</i> (2nd ed.). London, England : SAGE.
9	Nelson-Jones, R. (2002). <i>Essential counseling and therapy skills: The skilled client model</i> . London, England : SAGE.
10	Nystul, M. (2006). <i>Introduction to counseling: An art and science perspective</i> (3rd ed.). Boston, MA: Pearson Education, Inc.
11	Shebib, B. (2003). <i>Choices: Counseling skills for social workers and other professionals</i> . Boston, MA: Allyn and Bacon.
12	鄭佩芬 (2000)。人際關係與溝通技巧。台北：揚智文化事業股份有限公司。
13	Alleman, J. R. (2002). Online counseling: The Internet and mental health treatment. <i>Psychotherapy: Theory, Research, Practice, Training</i> , 39(2), 199.
14	Cook, J. E., & Doyle, C. (2002). Working alliance in online therapy as compared to face-to-face therapy: Preliminary results. <i>CyberPsychology & Behavior</i> , 5(2), 95-105.
15	Hill, C. E., & Knox, S. (2001). Self-disclosure. <i>Psychotherapy: Theory, Research, Practice, Training</i> , 38(4), 413.
16	Jarvis, P. S., & Keeley, E. S. (2003). From vocational decision making to career building: Blueprint, real games, and school counselling. <i>Professional School Counselling</i> , 6(4), 244-250.
17	Jordan, J. R., & Neimeyer, R. A. (2003). Does grief counseling work? <i>Death studies</i> , 27(9), 765-786.
18	Knox, S., & Hill, C. E. (2003). Therapist self - disclosure: Research - based suggestions for practitioners. <i>Journal of clinical psychology</i> , 59(5), 529-539.
19	Linley, P. A., & Joseph, S. (2007). Therapy work and therapists' positive and negative well-being. <i>Journal of Social and Clinical Psychology</i> , 26(3), 385-403.
20	Lundahl, B., & Burke, B. L. (2009). The effectiveness and applicability of motivational interviewing: A practice - friendly review of four meta - analyses. <i>Journal of clinical psychology</i> , 65(11), 1232-1245.
21	Mallen, M. J., Vogel, D. L., & Rochlen, A. B. (2005). The practical aspects of online counseling ethics, training, technology, and competency. <i>The Counseling Psychologist</i> , 33(6), 776-818.
22	Moyers, T. B., Miller, W. R., & Hendrickson, S. M. (2005). How does motivational interviewing work? Therapist interpersonal skill predicts client involvement within motivational interviewing sessions. <i>Journal of consulting and clinical psychology</i> , 73(4), 590.
23	British Journal of Guidance & Counseling
24	Communication Theory
25	Counseling & Values
26	Counseling Psychology Quarterly
27	Counselor Education & Supervision
28	Family Journal, The Counseling and Therapy for Couples and Families
29	Guidance & Counseling
30	International Journal for the Advancement of Counseling
31	Journal of College Counseling
32	Journal of Counseling & Development

33	Journal of Counseling Psychology
34	Journal of Humanistic Counseling, Education & Development
35	Journal of Mental Health Counseling
36	Journal of Multicultural Counselling & Development
37	Journal of Sex & Marital Therapy
38	Measurement & Evaluation in Counselling & Development
39	Professional School Counselling
40	Rehabilitation Counselling Bulletin
41	http://www.cacd.org/codeofethics.html (American Counselling Association Code of Ethics)
42	http://www.hkcass.org.hk/el/er/index.htm (references and resources at HKCSS)