

PSYT90071 Reflective Youth Mental Health Practice

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| Credit Points: | 25 |
| Level: | 9 (Graduate/Postgraduate) |
| Dates & Locations: | 2016, Parkville This subject commences in the following study period/s: Year Long, Parkville - Taught online/distance. |
| Time Commitment: | Contact Hours: Nil (online only) Total Time Commitment: 340 hours |
| Prerequisites: | None |
| Corequisites: | None |
| Recommended Background Knowledge: | Undergraduate degree in a health-related discipline or 100cp of Master of Youth Mental Health subjects. |
| Non Allowed Subjects: | None |
| Core Participation Requirements: | For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Overview, Objectives, Assessment and Generic Skills sections of this entry. It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability/ |
| Coordinator: | Dr Sarah Hetrick |
| Contact: | shetrick@unimelb.edu.au (mailto:shetrick@unimelb.edu.au) Administration Val Popovska popovska@unimelb.edu.au (mailto:popovska@unimelb.edu.au) |
| Subject Overview: | Students spend a period of two semesters improving their practice in youth mental health. Students reflect upon and study the following in an online community of practitioners: <ul style="list-style-type: none"> • Counselling skills to engage and develop rapport with young people and their families. • The process of therapeutic counselling and the role of micro-skills such as attending, observing, listening and responding. • Integration of counselling theory and knowledge of developmental psychopathology in work with young people and their families. • Advanced skills and knowledge in the provision of psychoeducation to young people and their families. • The collaborative development and review of operationalised treatment goals. • The problem-solving model. • Reflective and ethical practice. |
| Learning Outcomes: | Students spend a period of two semesters improving their practice in youth mental health. Students reflect upon and study the following in an online community of practitioners: <ul style="list-style-type: none"> • Counselling skills to engage and develop rapport with young people and their families • The process of therapeutic counselling and the role of micro-skills such as attending, observing, listening and responding. • Integration of counselling theory and knowledge of developmental psychopathology in work with young people and their families • The collaborative development and review of operationalised treatment goals. • Advanced skills and knowledge in the provision of psychoeducation to young people and their families |

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| | <ul style="list-style-type: none"> • Different therapeutic approaches/orientations • Reflective and ethical practice. |
| Assessment: | 25% Written analysis of mock clinical interview/counselling session, 1,500 words (due Week 12 of first semester) 25% graded reflective journal, weekly entries of at least 300 words each for at least 10 weeks (to be submitted at the end first semester, entries to be completed on a weekly basis) 25% written self-analysis of clinical interview or counselling session conducted by the student, 1,500 words (due Week 12 second semester) 25% graded reflective journal, weekly entries of at least 300 words each for at least 10 weeks (to be submitted at the end second semester, entries to be completed on a weekly basis) |
| Prescribed Texts: | Geldard, K., & Geldard, D. (2009). <i>Counselling adolescents: The proactive approach for young people</i> . London: Sage. |
| Breadth Options: | This subject is not available as a breadth subject. |
| Fees Information: | Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees |
| Related Course(s): | Master of Youth Mental Health |