

# Course Roadmap

This course road map is a recommended plan of study for Counselling major and minor programmes. It is a guide to help students make informed decisions regarding their course selection, skills development, as well as career path.

## FOUNDATION

### INTRODUCTORY COURSE

- SOWK1004 Human behaviour and the social environment I  
OR
- SOWK1012 Communication and counselling skills in everyday life\*

## CONSOLIDATION

### COMPULSORY COURSES

- SOWK2137 Theories in counselling
- SOWK2138 Foundation skills in counselling
- SOWK3116 A self-reflective journey

## SPECIALIZATION

### ELECTIVE COURSES

#### CHILD AND FAMILY

- SOWK2065 Understanding and working with young people
- SOWK2099 Separation, divorce and remarriage
- SOWK2133 Population aging and the controversies
- SOWK2135 Theory and practice in family counselling
- SOWK3093 Play therapy
- SOWK3307 Working with families

#### HEALTH CARE

- SOWK2020 Oncology, palliative and hospice care
- SOWK2069 Counselling in health care settings
- SOWK2209 Issues and interventions in mental health settings
- SOWK3091 Mental health sciences and society
- SOWK3097 Trauma, resilience, and growth
- SOWK3115 Frontiers in interventions around death, dying and bereavement

#### SPECIAL TARGET GROUPS

- SOWK2098 Working with people with disabilities
- SOWK2111 Addictive behaviour
- SOWK2112 Working with special target populations
- SOWK2126 Special topics in counselling

#### HUMAN SKILLS

- SOWK2119 Mediation and negotiation
- SOWK2120 Counselling in business setting
- SOWK3060 Career skills training

#### COUNSELLING AND CLINICAL RESEARCH

- SOWK2092 Adventure-based counselling theory and practice
- SOWK3087 Counselling for emotional and relational competence
- SOWK3096 Solution-focused therapy
- SOWK3106 Use of creative arts
- SOWK3131 Therapeutic use of drama
- SOWK3134 Cognitive behavioral therapy for common mental health problems

### EXPERIENTIAL LEARNING COURSE

SOWK4010 Experiential Learning through the Client's Lens

- SOWK4009 Capstone project in counselling

## INTEGRATION AND APPLICATION

### CAPSTONE COURSE

\* Communication Intensive (C-I) Course

# BSocSc

MAJOR MINOR PROGRAMMES –

# Counselling

“ NOT ALL OF US CAN DO GREAT THINGS.  
But we can do small things with great love.”  
MOTHER TERESA



We aim to train students who major/minor in counselling to be (1) effective in communication skills; (2) able to strike a balance between knowledge, skills and personal awareness, enabling them to work in a wide variety of people-orientated careers; (3) ethically mindful in their primary role with counselling knowledge and skills to facilitate problem solving with others. Across the majority of work settings in a busy and cosmopolitan city like Hong Kong, the significance of effective counselling skills has been growing; its application is much appreciated as an impactful tool for communication and problem solving among all walks of life.

This programme is designed to offer students from diverse disciplines a more practical approach to counselling, to equip with not just basic knowledge but practical skills.

It enables them to help people facing emotional distress in contexts not only confined to a mental health setting, but also in schools, hospitals, and business organizations. Although this is not a professional degree, it certainly will provide a good foundation for further professional training in counselling or counselling related career.

By completing this programme, students will be equipped with:



Basic knowledge for further training of becoming a **COUNSELLING PROFESSIONAL**



the basic ability to provide **ETHICAL PRACTICE** in counselling



**SELF-AWARENESS** towards their own values, beliefs and philosophy of life

## PROGRAMME STRUCTURE

Programme Components	No. of Credits	
	Major	Minor
Introductory Courses		
• Disciplinary	6	6
• Pre-requisite	12	---
Advanced Courses		
• Compulsory Course(s)	18	18
• Disciplinary Electives	30	12
• Capstone Experience	6	---
	72	36

## Programme Highlights

### CAPSTONE COURSE

#### SOWK4009 Capstone Project in Counselling

The capstone project is a compulsory course that major students take in their final year of study. It provides a platform for students to review their work over the courses of counselling major, reflect and analyse their work in relation to key communication and counselling concepts, and articulate their learning experiences through a group or paper, or other creative output and a presentation to instructor and peers. In the project, students are also given the chance to engage the community and to disseminate their experiential learning in diverse contexts. Our students have conducted their projects across a range of topics including:

- LGBT Christians: sexual orientation and religious integration
- Uncover the myths about autism spectrum disorders
- Caregiving to people with mental illness
- Improving daily communication with family
- Support group for parents of children with special needs
- Designing wellness guide for hotline volunteers

### COMMUNICATION INTENSIVE (C-I) COURSE

#### SOWK1012 Communication and Counselling Skills in Everyday Life

This course was badged as 'communication intensive' in the University. At the end of the course, students will have developed the following qualities of an effective communicator and a potential counselor: showing empathy, being intrinsically motivated, being an effective listener, genuineness, understanding and attending to the needs of clients, being self-aware and reflective, demonstrating analytical abilities in report writing, being sensitive to ethical, multicultural and confidentiality issues in counselling and documentation, and possessing integrity and professionalism. The completion of 'C-I' courses will be visible on the student's Academic Attainment Profile (AAP).

### EXPERIENTIAL LEARNING ELECTIVE

*new*

#### SOWK4010 Experiential Learning through the Client's Lens

This course aims to provide a first-person experience of being the client in a counselling session in order to promote a deep understanding of the counselling process in an interactive and genuine way, for students to become a better practitioner. Students will be the clients/participants in both individual session and group session with other classmates. A counsellor will be conducting the sessions; a teacher will facilitate the application and integration of counselling concepts and theories in class discussion.

## Career opportunities

This programme equips students with relevant and cutting-edge knowledge and skills in working across sectors: governments, communities, civil society, and the private sector, taking up such possible positions as government officials, policy researchers, analysts and advocates, NGO programme managers, social entrepreneurs, community organizers, journalists and more. A large selection of elective courses is provided for students to pursue their interested specialization in 'Social Policy and Social Development', 'Social Entrepreneurship & Social Innovation' and 'Social Data and Research'. This flexibility allows students to design their own curriculum to suit their individual academic and career aspirations.

Specialization	Places that need your Expertise
Child and Family	<ul style="list-style-type: none"> <li>• Integrated Family Service Centres</li> <li>• Family and Child Protective Services Units</li> <li>• Schools</li> </ul>
Health Care	<ul style="list-style-type: none"> <li>• Hospital Authority</li> <li>• Counselling Clinics</li> <li>• Mental Health Service</li> </ul>
Special Target Groups	<ul style="list-style-type: none"> <li>• Rehabilitation Centres</li> <li>• Minority Ethnic Service</li> <li>• Correctional Service</li> <li>• Customs and Excise Department</li> </ul>
Human Resources	<ul style="list-style-type: none"> <li>• Communication Relation Companies</li> <li>• Human Resources Consultants Companies</li> <li>• Employee Development Service</li> </ul>
Counselling and Clinical Research	<ul style="list-style-type: none"> <li>• Universities</li> <li>• Expressive Arts Therapist</li> <li>• Solution-focused Therapist</li> </ul>

## FURTHER STUDIES

Further study opportunities provided by the Department of Social Work and Social Administration:

### Master of Social Work

A professional training programme for non-social work first-degree holders who are dedicated to develop their career in social services. Graduates are qualified for registration as Registered Social Workers (RSW).

### Master of Social Sciences

M.Soc.Sc. (Counselling)  
M.Soc.Sc. (Behavioral Health)  
M.Soc.Sc. (Gerontology)  
M.Soc.Sc. (Mental Health)  
M.Soc.Sc. (Nonprofit Management)  
M.Soc.Sc. (Social Service Management)  
M.Soc.Sc. (Social Work – Family)  
M.Soc.Sc. (Social Work – Youth Stream)

### Master of Expressive Arts Therapy

### Master of Philosophy