Institution: Kolping Higher Education Institution (KHEI)
Study programme: **Child welfare and social security, Social work management**

SUBJECT PROGRAMME

1. Name of the subject	2. Credits
INDIVIDUAL AND GROUP COUNSELLING	**4 ECTS (107 academic hours)**

3. Correlation between the learning outcomes of the program and the subject, study methods and methods for evaluation of student's achievements

Learning outcomes of the program	Learning outcomes of the subject	Teaching / Learning methods	Student achievement assessment methods
1.The graduate will know the psychosocial problems of a child and his/her family and their complex manifestation; the graduate will be well versed in social policy, social security measures, administration of social services and will be able to apply this knowledge in the field of child welfare and social security. 3.The graduate will be able to manage the process of social assistance provided to a child and his/her family by applying appropriate methods of social work in accordance with the national and international legislation on child welfare, protection of children's rights, family law and social security as well as professional ethics.	1. Will be able to evaluate client's psychosocial functioning.	Lecture, individual work, group work, video analysis and discussion, brainstorming, self-study of literature	Written examination, test, practical written exercises.
	2.Apply theoretical and practical knowledge necessary for consulting activities.	Lecture, individual work, group work, video analysis and discussion, brainstorming, self-study of literature	Written examination, test, practical written exercises.
	3.Use internal and external clients and their resources.	Lecture, individual work, group work, video analysis and discussion, brainstorming, self-study of literature	Written examination, test, practical written exercises
	4.Will be able to develop their own counselling methodology.	Lecture, individual work, group work, video analysis and discussion, brainstorming, self-study of literature	Written examination, test, practical written exercises.

4. Abstract (maximum 200 words; describes relevance of the subject)

Subject purpose: to provide students with the knowledge and practical counselling skills to counsel. The course gives an overview of the consultation process and methods, highlighting the practical aspects of social counselling. Introducing the requirements of the consultant's personality, individual and group counselling process of the company. Practical exercises, problem solving situations absorbed counselling methods schooled students' communication, counselling skills and self-confidence.
Innovation: towards a deeper understanding of problematic situations analysing and focusing on the process of the "here and now"for practical assignments and reflection.

5. Main topics of the subject **6. Practical activities**

No.	Names of the topics	The number of contact hours			The number of hours for self-study
		Theory	Practical work	Consultation	
1.	Introduction to the Subject: Purpose, Structure, and Requirements. Subject scope, aims and objectives. Logical structure of topics and learning sequence. Assessment system and requirements, academic integrity principles. Overview of recommended literature and international sources.	0,5			
2.	The concept and importance of counselling in social work. Similarities and differences between psychological counselling and psychotherapy.	0,5	2		
3.	The Counsellor's Personality. Ethics of counselling. The counselling environment and the creation of an emotional atmosphere.	1	3		7

4.	The Counselling Model and Process. Essential conditions for establishing contact with the client. Goals of counselling. The social worker's objectives in the counselling process.	1	3		10
5.	Emotional Components of the Therapeutic Atmosphere. Empathy, transference, and countertransference. Skills for creating and maintaining contact.	1	3		10
6.	Counselling Methods**.** The importance and types of questions in the counselling process. Active listening techniques: summarizing, paraphrasing, clarifying, silence, reflection. Solution-focused brief therapy.	1	3		10
7.	Main Theories and Methods of Family Counselling. Counselling children and families during the process of divorce. Support for the child.	1	3		9
8.	Specifics and Features of Counselling Children. Tools and methods used in child counselling, including elements of art and play therapy.	1	2		9
9.	Specific Problems in Counselling. Evaluation of counselling effectiveness.	1	3		10
	Total number of hours	**8**	**22**	**6**	**71**

8. Criteria for assessment of student's achievements

Grade and brief description of the knowledge and skills	**Brief description of the criteria**
10 (excellent) Excellent performance, outstanding knowledge and skills	Excellent, exceptional, comprehensive knowledge and its application in solving complex practical problems. Student studied additional material independently. Perfect understanding and use of concepts, ability to analyse them in the broader context of the subject. Original and independent thinking. Excellent analytical and evaluation skills and insight. Excellent preparation for further studies. Excellent application of theoretical knowledge. Excellent performance in dealing with sophisticated non-standard tasks. Impeccable, exceptional performance quality. Excellent expression and presentation skills. Well aware of what and why is being done.
	All the learning outcomes achieved
9 (very good) Strong performance, good knowledge and skills	Strong, good, comprehensive knowledge and its application in solving complex practical problems. Student studied additional material independently. Perfect understanding of studied material, proper use concepts. Original and independent thinking. Very good analytical, evaluation and synthesis skills. Very good preparation for further studies. Very good application of theoretical knowledge. Good performance in dealing with sophisticated non-standard tasks. Very good performance quality.

	Very good expression and presentation skills. Understanding of the methods, techniques applied and the reasons why.
	At least 90 percent of the learning outcomes achieved
8 (good) Above the average performance, knowledge and skills	Better than average knowledge and its application in solving practical problems. Familiar with the mandatory material. Able to work independently with additional material. Student understands the concepts and principles, applies them properly. Good reasoning and arguments substantiated on facts. Good preparation for further studies. Good application of knowledge. Correctly solves moderately complex and more difficult tasks. Good performance quality. Good expression and presentation skills. Knowledge of the methods, techniques that need to be applied.
	At least 80 percent of the learning outcomes achieved
7 (average) Average performance, knowledge and skills with unessential shortcomings	Average performance, with unessential shortcomings Application of knowledge to solve practical problems. Familiar with the main material. Student understands and uses the concepts and principles. Linking of several key components into a whole. Fairly good reasoning. Sufficient preparation for further studies. Knowledge is applied in accordance with the given examples. Good performance quality. Correctly solves moderately complex tasks. Sufficient expression and presentation skills.
	At least 70 percent of the learning outcomes achieved
6 (satisfactory) Below average performance, knowledge and skills with substantial shortcomings	Below average knowledge, with errors. Application of knowledge to solve uncomplicated practical problems. Familiar with the main material. Satisfactory understanding of the concepts, ability to describe incoming information in own words. While analysing, student focuses on several aspects, but is unable to relate them. Satisfactory preparation for further studies. Knowledge is applied in accordance with the given examples. Satisfactory performance quality. Able to act by analogy. Correctly solves simple tasks, but does not comprehend more complex ones. Satisfactory expression and presentation skills.
	At least 60 percent of the learning outcomes achieved
5 (weak) Knowledge and skills meet minimum criteria	Knowledge meets minimum criteria. Application of knowledge to solve uncomplicated practical problems. Simple recitation of learned concepts, text retelling. The answer is focused on one aspect. Minimum preparation for further studies. Minimum sufficient skills to solve problems based on examples.

		Able to act by analogy. Satisfactory expression and presentation skills.
		At least half of the learning outcomes achieved
4 **3** **2** **1**	**Unsatisfactory** Below minimum criteria	Knowledge does not meet minimum criteria. Skills do not meet minimum criteria.
		Less than half of the learning outcomes achieved

9. Prerequisite subjects

Individual social work

10. Forms of assessment of student achievement (components of cumulative assessment)

Exam (40%),
Mid-term exam (20%),
Practical work (30%),
Individual work (10%)

11. Coordinating teachers

Position	Surname, name, academic degree
Lector	Vitalija Mikutaitienė, Master, CBT psychotherapist

12. Recommended literature

No.	Year of issue	Authors and title of the publication	Publisher	Access		
				At the KUAS library	In other libraries of the city	In databases
1.	2019	Burns D.D.; Geros nuotaikos vadovas.Nauja emocijų terapija.	Žmogaus studijų centras			
2.	2019	Burns D.D.; Feeling Good: The New Mood Therapy	Scribe Publications			
3.	2020	Solter, A. J., Prieraišusis žaidimas. Kaip spręsti vaikų elgesio problemas žaidžiant, juokiantis ir užmezgant su jais ryšį.	Žmogaus psichologijos studija			
4.	2024	Petkutė E., Mačiulytė O., Vyšniauskytė-Rimkienė J., Darbas su grupėmis, teikiant pagalbą suaugusiems ir vaikams“	Paramos vaikams centras LRSADM			
5.	2019	Vojcicki, E., Kaip uźauginti žmones, kuriems sekasi. Paprasti patarimai — įspūdingi rezultatai.	Vilnius, UAB ..Baltos lankos vadovėliai			
6.	2018	Veželienė. L.. Septnios didžiosios nuodėmės psichologo kabinete	Vilnius. Tyto alba			
7.	2018	Markham, L... Ramūs tėvai, laimingi vaikai. Kaip nustoti šaukti ant savo v a i k ų ir užmegzti su jais ryšį.	Vilnius, Vaga			
8.	2024	Genderen H., Jacob G., Seebauer L. Metas keistis: Ištrūk iš neigiamų mąstymo ir elgesio spąstų	Tyto alba			
9.	2022	Young J.E., Klosko J.S., Ištrūk iš spąstų: Kaip atsikratyti neigiamų įpročių ir džiaugtis santykiais ir gyvenimu	Alma litera			

10.	2019	Young J.E., Klosko J.S., Reinventing Your Life: the bestselling breakthrough programme to end negative behaviour and feel great	Scribe Publications			
11.	2016	Pundzevičienė, A.. Sidlauskaitė-Stripeikienė. I., Sisteminis šeimos konsultavimas Į šeimą orientuota praktika	VšĮ PPKC			
12.	2016	Liobikienė.T.N.. Krizių intervencija socialinio darbo praktikoje	VDU leidykla			