**Activities to consider when addressing hours for Safe and Effective Use of Self (SEUS): 30 hours required which may include coursework, experiential learning or personal psychotherapy focused on SEUS**

**Coursework:**

COUN 0677 Family Systems Theory introduces the student to the professional role of therapist and specifically addresses the therapeutic relationship, the person of the counsellor, the therapists role, therapeutic boundaries, and the impact that one's life experiences, family, culture and gender will have on the therapeutic process. In addition, common factors in failure to build a therapeutic are covered. Power dynamics in the therapeutic relationship are also stressed

COUN 0601 and 0602 Pre-internship Counselling Skills Labs I & II: "The therapeutic relationship and appropriate self-disclosure, feedback, use of directives, and appropriate confrontation are presented through reading, lecture, and class demonstration.

COUN 0775 Professional Ethics presents through lecture, readings and case studies general professional conduct in contemporary society including professional boundaries, issues of impairment and burnout, counselor values and appropriate management of values and biases. Power dynamics in the therapeutic relationship are also stressed.

**Self-Reflection Assignments:**

In COUN 601, The MBTI and Kolb Learning Styles inventory are required to give the students further opportunities to reflect on their cognitive, emotional and behavioural preferences and the influence of their style on therapy. The Self-Assessment and Self Reflection Inventory is also required to help students reflect on their strengths and weaknesses and the possible impact on their work as a therapist.

COUN 0773 Couples Therapy focuses on how to manage the impact of the therapist's personal values and beliefs with regard to diversity and marriage and family practices and requires students to externalize their own beliefs and values around marriage and family relationships in the final paper.

COUN 0677 Family Systems Theory requires a Family of Origin paper and genogram which emphasizes the students reflections on not just the patterns of his/her family system, but also a reflection of the possible impact of that system on his/her counselling. This paper requires family interviews and therefore includes interaction with family members over the material.

COUN 0688 Child and Adolescent Therapy requires students to reflect on their personal reactions as they work with children and adolescents in the Clinical Interview paper.

In addition, COUN 0777 Gender and Socio-economic Perspectives in Marriage and Family Therapy focuses on the impact of gender and socio-economic factors in the development and practice of psychotherapy, and is designed to increase the student’s self-awareness around these dynamics and awareness of the influence of these factors on the therapeutic processes. Papers include the Self Analysis Paper on Gender, and the Self Analysis Paper on Socio-Economic Status, In addition Class presentations are required on one’s Personal Reflection of Gender and Socio-economic Status.

COUN 0671 Cross Cultural Perspectives in Marriage and Family Therapy is designed to give the student an overview of basic aspects of culture and multiculturalism, appropriate models of cross cultural counselling, and processes specific to working cross-culturally as well as increase the student’s inter-cultural awareness and awareness of self in culture.

COUN 0675 Integration of Systems Approach to Counselling Theories: Reflection part of final paper.

COUN 0674 Self-Reflection assignment

COUN 0574 Foundational Perspectives in Christian Counselling: Integration paper

COUN 0654 Human Development and Learning: My Unfolding Story assignment

COUN 0672 Human Sexuality and the Therapeutic Relationship: Sexual Autobiography

COUN 0775 Professional Ethics: Group discussion time

Leadership Development?

Spiritual Direction?

**Experience with feedback:**

COUN 0601 & 0602 Pre-internship Counselling Skills Labs I & II give opportunity for students to practice and receive feedback in the SEUS t through small group role-plays overseen by. Students are required to play the role of the therapist and client weekly and are given feedback from both TA's and classmates. This includes feedback on their ability to build a therapeutic relationship as well as maintain professional boundaries and SEUS.

Through feedback in small group role-plays, and evaluation of final recorded transcripts, empathy, warmth and authenticity is practiced and self-awareness is emphasized including awareness of one’s personal needs and motivations, values and biases, and commonly used defense mechanisms. Objectivity and issues of transference and countertransference, the quality of one’s social skills, the fallacy of selective perception and assumptions are emphasized. Respecting the client’s autonomy, maintaining a non-judgmental stance, and being clear about personal and therapeutic boundaries is stressed. Contextual issues are also prioritized as well. Along with all of this, students are challenged to be self-aware while maintaining a focus on the needs and responses of their client.

All students are encouraged to partake of the counselling services offered freely at Tyndale to shore up areas where they are weak.

COUN 0701 Counselling Internship also measures the students’ grasp of these issues, and feedback is given through weekly quality supervision. A formal supervisor evaluation is also done at the end of each semester.

Supervision hours

Personal Counselling hours with focus on SEUS