

NAME		LIFESTYLE COUNSELLING
Course volume ECTS		5
Assessment form		Exam
Methods of learning		Face to face theory lectures + (group) discussions and case studies; field-work tasks; independent work
Approximate amount of contact lessons		24 hours contact lessons (lectures, discussions, group-work) 106 hours independent and web-based work.
Lecturer		-
Pre-requirements		Basics of Health Promotion
Course aims (Learning outcomes of the course)		To give an overview of the principles, models and theories used in counselling and coaching. Practice using counselling techniques and lifestyle coaching skills in Health Promotion.
Brief description of the course		<p>The course covers the following themes:</p> <ul style="list-style-type: none"> - Nature and purpose of counselling - Counselling, consultation, psychotherapy, supervision, co-vision - similarities and differences - Basic skills for counsellor - Counselling process - Overview of different schools of counselling - Overview of counselling services and their availability in Estonia - Individual and group counselling - Web-based counselling - Crisis counselling ABC - Coaching <p>The course includes different role plays and practical assignments. Students will write a paper by the end of the course, analysing in depth the counselling process of one case and themselves as counsellors.</p>
Learning outcomes		<p>By the end of the course, students:</p> <ul style="list-style-type: none"> - have the understanding of the skills and knowledge necessary for first level counsellors; - are able to acknowledge themselves as counsellors, analyse their strengths and weaknesses as counsellors and acknowledge the need for further training and supervision; - know the most important schools of counselling and their suitability for different risk behaviours; - know the counselling services available in Estonia and can recommend the appropriate service to the client if necessary; - are able to analyse different counselling cases based on a specific analysis form.
Evaluation scale		Pass/fail
Assessment methods and criteria		Active attendance, lifestyle coaching assignment and theory exam
Study literature and materials		<p>MUST: Course materials, relevant articles, texts and pages recommended by the lecturer. Deci, E.L. & Ryan, R.M. 1985 Intrinsic motivation and self-determination in human behavior. New York. Plenum. Deci, E.L. & Ryan, R.M. 2002a Handbook of self-determination research. Rochester: The University of Rochester Press. Miller, W.R. & Rollnick, S. 2002. Motivational Interviewing. Preparing People to Change. New York. Guilford Press McLeod, J. (2007) Nõustamisoskus Corey, G. (2001) Juhtum analüüs nõustamises ja psühhoteraapias. Tallinn, lk. 17 - 56 Nõustamise alused Abimaterjal nõustamiskeskustele (Tartu, 2010). http://www.eatl.ee/wp/wp-content/uploads/Noustamise_alused.pdf Tall, K. (2015) Nõustamise alused veebipõhisele nõustajale https://www.sm.ee/sites/default/files/content-</p>

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ppsterv_17072015.pdf

OPTIONAL:

Woolfe, R. (Ed.). (2010). Handbook of counselling psychology. Los Angeles: Sage.

Nystul, M.S. (2006). Introduction to counseling. Allyn & Bacon.

Nelson-Jones, R. (2000). Introduction to Counselling Skills: Text and Activities. SAGE Publications.

Peavy, 1999 Supervison.

Kidron:

http://dspace.ut.ee/bitstream/handle/10062/25980/kidron_noustamisp.pdf?sequence=1&isAllowed=y