

THE UNIVERSITY OF HONG KONG
DEPARTMENT OF SOCIAL WORK AND SOCIAL ADMINISTRATION

SOWK 2138B Foundation Skills in Counselling
Bachelor of Social Sciences (Counselling)

ASSESSMENT: INTEGRATIVE PAPER (INDIVIDUAL)

Guidelines:

You are requested to submit an Integrative Paper (no more than 1,600 words) at the end of the course. The key objective of this paper is to provide an opportunity for you (1) to conduct an in-depth analysis of your skill practice in counselling; (2) to reflect on **EITHER** your personal beliefs / core values **OR** life experiences **OR** strengths and vulnerabilities in relation to your role as a counsellor; and (3) to gain an understanding of your emotional experience in the counsellor-client relationship and the helping process. To accomplish this assignment, you will have to:

- a) Pair up with a group member, take turns to be the interviewer and the interviewee to conduct an interview session of **15 minutes** (No need to be a complete session). In this session, you will practice the ethics, foundation skills and counsellor's position in response to a hard time / an issue of concern that the interviewee faces. Since this is a practice assignment and not a real counselling session, the hard time / issue of concern **should not be an immediate crisis or something detrimental in nature**. During the interview process, you are encouraged to pay attention to both the interactional responses between you and the interviewee, and be aware of your internal / external conflict and own emotional experience as a counsellor. You are also required to use at least one compassionate communication skill in the role play.
- b) Video-record the interview session **with consent from the interviewee**.
- c) Review the video and write an integrative analysis in the following dimensions:
 - Difficult moment in counselling
 - Theories/concepts and practices
 - What compassionate communication process did you use and why
 - Counsellor as a person
 - Multicultural considerations or issues working with clients from diverse backgrounds

Format:

- **APA** academic writing and referencing style, with **at least five references** from the literature
- One-and-a half line spacing
- Have page numbers printed on each page

Submission:

The integrative paper **TOGETHER** with the consent form should be submitted through the **Turnitin @ the Moodle** on the corresponding deadline stated at the beginning of this guideline document. The recorded video should also be submitted via a designated platform as instructed by the course teacher. **Students who miss the submission of any materials may get no mark for the assignment.**

Weighting:

This assignment contributes 35% to the final grade of the course.