

## Core Texts – Counselling

### COU801 Therapeutic Communication Skills & COU802 Counselling Theory & Practice

Crago, H., & Gardner, P. (2019). *A safe place for change: Skills & capacities for counselling & therapy* (2<sup>nd</sup> ed.) Interactive Publications.

Geldard, D., Geldard, K., & Foo, R. Y. (2021). *Basic personal counselling: A training manual for counsellors* (9<sup>th</sup> ed.). Cengage Learning Australia.

#### Highly Recommended Reading

Geller, S.M., & Greenberg, L.S. (2012). *Therapeutic presence: A mindful approach to effective therapy*. American Psychological Association

### COU802 Counselling Theory & Practice

Crago, H. & P. Gardner. (2019). *A safe place for change: skills & capacities for counselling & therapy* (2<sup>nd</sup> ed.). Interactive Publications.

Geller, S.M., & Greenberg, L.S. (2023). *Therapeutic presence: A mindful approach to effective therapeutic relationships* (2<sup>nd</sup> ed.). American Psychological Association.

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Geldard, D., Geldard, K., & Foo, R. (2022). *Basic personal counselling: A training manual for counsellors* (9<sup>th</sup> ed.). Cengage Learning Australia.

### COU811 Legal, Ethical & Cultural Issues

Corey, G. Corey, M.S., & Corey C. (2024). *Issues and Ethics in the Helping Professions*. (10<sup>th</sup> ed.). Brooks/Cole ISE.

### COU812 Human Development

Balswick, J., King, P.E. & Reimer, K. (2016). *The reciprocating self: Human development in theological perspective* (2<sup>nd</sup> ed.) InterVarsity Press.

#### Highly Recommended Reading

Santrock, J. W. (2021). *Lifespan development*. (18<sup>th</sup> ed). McGraw Hill

### **COU813 Counselling Methodologies in Therapeutic Practice**

Corey, G. (2024). *Theory and practice of counselling and psychotherapy* (10<sup>th</sup> ed.). Cengage Learning Inc.

#### **Highly Recommended**

Capuzzi, D., & Stauffer, M.D. (Eds.). (2016). *Counseling and psychotherapy: Theories and interventions* (6<sup>th</sup> ed.). American Counseling Association.

Cozolino, L. (2017). *The neuroscience of psychotherapy: Healing the social brain* (3<sup>rd</sup> ed.). WW Norton & Company.

### **COU815 Counselling & Theology (Reflection & Integration)**

Neff, M. A. & McMinn, M.R. (2020). *Embodying integration: A fresh look at Christianity in the therapy room*. IVP.

#### **Highly Recommended**

Entwistle, D.N. (2015). *Integrative approaches to psychology and Christianity* (3rd ed.). Cascade Books.

Sandage, S. J. & Brown, J. K. (2018). *Relational integration of psychology and Christian theology: Theory, research, and practice*. Routledge.

### **COU816 Mental Health and Professional Practice**

Hungerford, C., Clancy, R., Hodgson, D., Clancy, R., & Doyle, K., (2023) *Mental health care: An Introduction for health professionals* (5<sup>th</sup> ed.) Wiley.

Wilson, R.Z. (2014). *Neuroscience for counsellors*. Jessica Kingsley.

### **COU901 & 902 Individual Counselling 1 & 2**

Teyber, E., & Teyber, F. H. (2017). *Interpersonal process in therapy: An integrative model* (7th ed.). Brooks/Cole.

### **COU903 Social Research**

Leedy, P.D. & Ormrod, J.E. (2021). *Practical research: Planning and design* (12<sup>th</sup> ed.). Pearson.

### **COU931 & 941 Child & Adolescent Counselling 1 & 2**

Geldard, K., Geldard, D. & Foo, R.Y. (2016). *Counselling adolescents: The proactive approach for young people* (4<sup>th</sup> ed.). Sage.

Geldard, K., Geldard, D. & Foo, R.Y. (2019). *Counselling children: A practical introduction* (5th ed.). Sage.

### **COU932 Crisis & Trauma Counselling**

Herman, J. L. (2015). *Trauma and recovery: the aftermath of violence: From domestic abuse to political terror*. Ingram Publisher Services.

Duffey, T. & Haberstroh, S. (Eds.). (2020). *Introduction to crisis and trauma counseling*. American Counseling Association.

### **COU933 Group Dynamics & Facilitation**

Schneider Corey, M., Corey, G., & Corey, C. (2024). *Groups: Process and practice* (10th ed.). Cengage Learning.

### **Highly Recommended Reading**

Corey G. (2018). *Theory and Practice of Group Counselling* (9th ed.). Cengage Learning.

Yalom, I.D. (2020). *The theory and practice of group psychotherapy* (6th ed.). Basic Books.

### **COU934 & COU944 Relationship Counselling 1 & 2**

Taibbi, R. (2022). *Doing couple therapy – craft and creativity in work with intimate partners*. (4<sup>th</sup> ed.). Guildford Press.

Goldenberg I., Stanton M., & Goldenberg, H. (2017). *Family therapy: An overview*. (9<sup>th</sup> ed.). Brooks / Cole Learning.

### **COU950 Supervised Counselling Practicum**

Cozolino, L. (2021). *The making of a therapist: A practical guide for the inner journey*. W.W. Norton & Co.