



Graduate Counselling and Applied Psychology (GCAP) 635

Responsive Case Conceptualization & Counselling Interventions

(Revision 7)

Status: Replaced with new revision, see the [course listing](#) for the current revision

Delivery mode: [Paced study](#)

Credits: 3

Area of study: Counselling

Prerequisites: GCAP 631, GCAP 633, and [GCAP 671](#)

Corequisites: None


Precluded: None

Faculty: [Faculty of Health Disciplines](#)

This course must be taken through GCAP.

Students with a disability, who require academic accommodation, need to register

Notes:

with the [Access to Students with Disabilities](#)  Centre at Athabasca University. Notification of the need for academic accommodation must normally be provided to the program office **no later than fourteen (14) days prior to the first day of class. It is the student's responsibility to register with the Disability Centre to request academic accommodation if required and to notify the instructor that such accommodation has been requested.**

Every reasonable effort will be made to accommodate individual student needs. However, because GCAP courses are paced, all student are required to participate weekly in the online discussion forums. There are also several courses where online exams are required.

Overview

The *GCAP 635 Responsive Case Conceptualization & Counselling Interventions* course is designed to follow GCAP 671, building on the counselling microskills and techniques developed in that course, as well as on the foundational relational principles and practices that support building and maintaining a strong client–counsellor relationship. In GCAP 635 students focus on developing Individualized case formulation based on client characteristics and multiple sources of client information that inform decisions that promote desired client outcomes. Intervention planning is based upon a pluralistic and integrative approach coupled with proficiency in the intentional use of counselling microskills and interventions to co-construct goals and collaborate with clients to facilitate change at the micro level of intervention.

Outline

Unit 1 Case Formulation

- Week 1: Getting Started with Case Formulation
- Week 2: Case Formulation Skills Practice
- Week 3: Facilitating Propensity for Change
- Week 4: Case Formulation Skills Practice

Unit 2 Working with Thoughts and Beliefs

- Week 5: Working with Thoughts and Beliefs
- Week 6: Lab Practice and Video Recording

Unit 3 Working with Feelings and Sensations

- Week 7: Working with Feelings and Sensations
- Week 8: Lab Practice and Video Recording

Unit 4 Working with Actions

- Week 9: Working with Actions
- Week 10: Lab Practice and Video Recording



Unit 5 Working Integratively

- Week 11: Working Integratively
- Week 12: Lab Practice and Video Recording

Unit 6 Deliberate Practice and Self-Care

- Week 13: Deliberate Practice and Self-Care

Evaluation

To **receive credit**  for GCAP 635, students must submit all of the course assignments, receive a passing grade on Assignments 1 and 3, and obtain a composite grade of at least **B- (70 percent)**  on the course. The weighting of the composite grade is as follows:



Activity	Weight
Assignment 1: Applied Practice Activities (pass/fail)	
Part 1: Ethical Parameters and Consent for Participation	P/F
Part 2: Virtual Lab Evaluation	P/F
Part 3: Peer Evaluation	P/F
Assignment 2: Case Formulation (70% total)	
Part 1: Client demographic information, presenting concern, and problem definition, and exploration of the contexts and factors that facilitated the development and maintenance of the presenting concern.	15%
Part 2: Client preferences, outcomes goals, indicators of change, and client propensity for change.	15%
Part 3: Thought and Beliefs	10%
Part 4: Feeling and Sensations	10%
Part 5: Actions	10%
Part 6: Psychotherapy Integration	10%
Assignment 3: Counselling Intervention Video Review (pass/fail)	
Video 1: Thoughts and Beliefs	P/F
Video 2: Feelings and Sensations	P/F

Activity	Weight
Video 3: Actions	P/F
Video 4: Psychotherapy Integration	P/F
Assignment 4: Partner Interventions Presentations (30% total)	
Part 1: Presentation on intervention for working with thoughts and beliefs	10%
Part 2: Presentation on intervention for working with emotions and sensations	10%
Part 3: Presentation on intervention for working with actions	10%
Part 4: Peer evaluation form	P/F
Total	100%

Materials

All materials are available to students online.

Important links

- › [Applicant Advising](#)
- › [Program Student Advising](#)
- › [Graduate Calendar](#) 
- › [Faculty of Graduate Studies](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

Opened in Revision 7, April 29, 2024

Updated August 13, 2024

View **previous revision** 
