





Graduate Counselling and Applied Psychology (GCAP) 671

Responsive Counselling Relationships & Interpersonal Communication (Revision 9)

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

Precluded: None

Faculty: [Faculty of Health Disciplines](#) 

Students with a disability, who require academic accommodation, need to register with the [Accessibility Services](#)  Centre at Athabasca University. Notification of the need for academic accommodation must normally be provided to the program office

Notes:

no later than fourteen (14) days prior to the first day of class. It is the student's responsibility to register with Accessibility Services 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 or other interactive activities. There are also several courses where online exams are required.

Overview

The *Responsive Counselling Relationships & Interpersonal Communication* course is designed to build on the foundation of critical reflection on both counselling theory and processes, as well as appreciation for both client and counsellor cultural identities and social locations, established in GCAP 631 and 633. In this course, the focus will shift to translating conceptual understanding into applied practice skills. Learners query the ways in which the relational practices of the counsellor and the nature of the therapeutic relationships can shift, adapt, or be altered in response to the specific cultural identities, contexts, values, worldviews, and needs of each individual client. The focus is on the conceptual and theoretical influences on responsive relationships, the ways in which counselling processes support and are supported by responsive relationships, the ways in which specific counselling microskills and techniques can be employed in service of responsive relationships, and the importance of reflective practice in ensuring client-centred, responsive relationships and counselling processes.

Synchronous Activities

CAP 671 is heavily focused on skills practice, as such, there is a large


component of weekly synchronous skills practice activities throughout the 13 weeks of the course. Learners will be partnered with one partner at the beginning of the course, and this person will be their primary skills lab practice partner. They also participate in pairs and individual coaching with the course instructor and several synchronous Teams meetings with all class members). These synchronous activities are spread out over the semester to optimize learning and to keep the time demands manageable (2 to 4 hours per week). We do our best to group students by time zone to facilitate connecting with others in real time.

Outline

- Week 1: Building Responsive Relationships
- Week 2: Communicating Care and Building Rapport
- Week 3: Creating Interpersonal and Cultural Safety
- Week 4: Fostering Client-Centred Relationships
- Week 5: Co-Constructing Shared Understanding: Affect and Embodiment
- Week 6: Co-Constructing Shared Understanding: Thoughts & Beliefs
- Week 7: Assessing Client Preferences & Adjusting Counselling Style
- Week 8: Foregrounding Client Worldviews and Co-Constructing Preferred Futures
- Week 9: Contextualizing Client Challenges and Preferred Futures
- Week 10: Synthesizing Responsive Relationship Skills and Techniques
- Week 11: Building a Collaborative Foundation for Change
- Week 12: Maintaining Responsive Relationships
- Week 13: Reflecting Backward and Looking Forward


Evaluation

To **receive credit** [↗](#) for GCAP 671, students must submit all of the course assignments, achieve a minimum grade of B- (70 percent) on Videos 2 and 3, obtain a pass on the Applied Practice Activities Consent Form and Evaluation,



and obtain a composite grade of at least **B- (70 percent)**  on the course. The weighing of the composite grade is as follows:

| Activity | Weight |
|---|---------------|
| Virtual Lab Consent Form | P/F |
| Virtual Lab Instructor Graded | P/F |
| Video 1: Practice of Engagement and Listening for Client Meaning | 10% |
| Video 2: Responding to and Co-Constructing Meaning | 25% |
| Video 3: Describing Problems and Preferences | 35% |
| Assignment 4: Describing Problems and Preferences: Personalized Application | 30% |
| Total | 100% |

Materials

David Pare, *The Practice of Collaborative Counseling and Psychotherapy* (2013). External tool.  (eText)

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 9, April 29, 2024

Updated August 13, 2024

View **previous revision** 
