




Psychology (PSYC) 405

Creating A Working Alliance (Revision 6)

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

Delivery mode: [Individualized study online](#) 

Credits: 3

Areas of study: Arts or Social Science

Prerequisites: None, except a literacy level commensurate with 400-level studies. Students are assumed to have taken a variety of junior- and senior-level social science courses. **PSYC 388** is recommended but not required. Learners will be expected to record themselves in two videotaped interviews and should have access to equipment for video recording purposes.

Precluded: PSYC 405 cannot be taken for credit if credit has already been obtained for CADE 400.

Challenge: PSYC 405 has a challenge for credit option.

Faculty:**Faculty of Humanities and Social Sciences** 

Overview

This course is intended to be of benefit to people who work with individuals seeking career development assistance, career professionals who want ideas for dealing with their clients, or groups of people who share a common interest in issues related to career development. The course is based on the premise that, regardless of their work settings, all career development professionals work with others to help produce change.

Regardless of the context, it is important for all career development practitioners to be able to establish collaborative working relationships that are founded on mutual trust and respect. In these interactions, career professionals must be able to help their clients to:

- identify the nature of the desired change and develop appropriate action plans; and
- implement a strategy for producing the desired change

Psychology 405 focuses on the first step in the above process; that is, creating a working alliance with a person, group, or agency that will facilitate the ultimate goal of developing and implementing an intervention plan. The course describes the knowledge and skills career development practitioners need to achieve these ends.

Outline

- Unit 1: Understanding the Working Alliance
- Unit 2: Basic Communication Skills
- Unit 3: More Communication Skills
- Unit 4: Collaboration
- Unit 5: Problem Solving and Decision Making

- Unit 6: Partnerships and Groups
- Unit 7: Basic Group Facilitation Skills

Evaluation

To **receive credit** [↗](#) for PSYC 405, you must complete all of the assignments, achieve a mark of at least 50 percent on the skill assignments and the Term Paper/Project Assignment, and obtain a course composite grade of **D (50 percent)** [↗](#). The weighting of the composite grade is as follows:

Activity	Weight
Quiz 1	5%
Quiz 2	5%
Skill Assignment 1	20%
Quiz 3	5%
Skill Assignment 2	30%
Term Paper or Term Project	35%
Total	100%

To learn more about assignments and examinations, please refer to Athabasca University's **online Calendar** [↗](#).

Materials

This course either does not have a course package or the textbooks are open-source material and available to students at no cost. This course has a **Course Administration and Technology Fee** [↗](#), but students are not charged the Course Materials Fee.

All materials are available online.

Challenge for credit

Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about **challenge for credit** [↗](#) can be found in the Undergraduate Calendar.

Evaluation

To **receive credit** [↗](#) for the PSYC 405 challenge registration, you must achieve an overall grade of at least **D (50 percent)** [📄](#).

Activity	Weight
Demonstration Video and Analysis	50%
Written Exam	50%
Total	100%

[📄](#) **Challenge for credit course registration form**

Important links

- › [Academic advising](#) [↗](#)
- › [Program planning](#) [↗](#)
- › [Request assistance](#) [↗](#)
- › [Support services](#) [↗](#)

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.

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Updated February 5, 2025

View **previous revision** 
