

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* (2nd ed.) Interactive Publications.

Geldard, D., Geldard, K., & Foo, R. Y. (2025). *Basic personal counselling: A training manual for counsellors* (10th ed.). Cengage Learning Australia.

Highly Recommended Reading

Geller, S.M., & Greenberg, L.S. (2023). *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* (2nd ed.). Interactive Publications.

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

Highly Recommended Reading

Geldard, D., Geldard, K., & Foo, R. (2025). *Basic personal counselling: A training manual for counsellors* (10th ed.). Cengage Learning Australia.

COU811 Legal, Ethical & Cultural Issues

Corey, G. Corey, M.S., & Corey C. (2024). *Issues and Ethics in the Helping Professions*. (11th ed.). Brooks/Cole ISE. (international edition)

COU812 Human Development

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

Highly Recommended Reading

Santrock, J. W. (2024). *Lifespan development*. (19th ed). McGraw Hill

COU813 Counselling Methodologies in Therapeutic Practice

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

Highly Recommended

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

Cozolino, L. (2017). *The neuroscience of psychotherapy: Healing the social brain* (3rd ed.). WW Norton & Company. 6

Jones-Smith, E. (2021). *Theories of counseling and psychotherapy: An integrated approach* (3rd ed.). SAGE Publications, Inc.

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* (5th 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. (2020). *Practical research: Planning and design* (12th ed.). Pearson.

COU931 & 941 Child & Adolescent Counselling 1 & 2

Geldard, K., Geldard, D. & Foo, R.Y. (2019). *Counselling adolescents: The proactive approach for young people* (5th 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. (2018). *Groups: Process and practice* (10th ed.). Cengage Learning.

Highly Recommended Reading

Corey G. (2016). *Theory and practice of group counselling*. (9th ed.). Cengage Learning.

Yalom, I.D. & Leszcz, M. (2021). *The theory and practice of group psychotherapy*. (6th ed.). Little Brown.

COU934 Relationship Counselling 1

Taibbi, R. (2022). *Doing family therapy – craft and creativity in work with intimate partners*. (4th ed.). Guilford Press.

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

COU944 Relationship Counselling 2

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

Wachtel, E. F., Wachtel, P. L. (2019). *The heart of couple therapy: Knowing what to do and how to do it*. Guilford Publications.

Highly Recommended Reading

Goldenberg I., Stanton M., & Goldenberg, H. (2017). *Family therapy: An overview*. (9th 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.