



University of the
West of England

MODULE SPECIFICATION

Code: USPJDK-40-2 **Title:** Counselling Skills Practice and Supervision **Version:** 3

Level: 2 **UWE credit rating:** 40 **ECTS credit rating:** 20

Module type: Professional Practice

Owning Faculty: Health and Life Sciences **Department:** Psychology

Faculty Committee approval: Quality and Standards Committee **Date:** 2010/11

Approved for Delivery by: N/A

Valid from: September 2012 **Discontinued from:**

Pre-requisites:
None

Co-requisites:
None

Entry Requirements:
N/A

Excluded Combinations:
None

Learning Outcomes:

The student will be able to:

- * counsel in a helpful and effective way;
- * demonstrate an understanding of the process of counselling;
- * reflect realistically on their experience of counselling;
- * demonstrate specific counselling skills;
- * demonstrate an awareness of the value of counselling supervision and of their own supervisory needs;
- * reflect on the impact of their role of counsellor on the therapeutic relationship.

Syllabus Outline:

One semester of counselling skills workshops focusing on the core relationship qualities and basic counselling skills.

One semester of supervision group presentations and discussions introducing a process approach to supervision.

Teaching and Learning Methods:

Experiential, interactive workshops, supervision group discussions, feedback from placements and supervisors, video and audio recording and feedback.

It is recommended that 40 supervised counselling practice hours are accrued by the end of

the academic year however the decision about the number of hours will be discretionary on the basis that there are sufficient supervised counselling practice hours to satisfactorily meet all of the supervision assessment criteria. A student will need to demonstrate competency in beginning, maintaining and ending a therapeutic relationship.

Reading Strategy:

All students will be encouraged to make full use of the print and electronic resources available to them through membership of the University. These include a range of electronic journals and a wide variety of resources available through web sites and information gateways. The University Library's web pages provide access to subject relevant resources and services, and to the library catalogue. Many resources can be accessed remotely. Students will be presented with opportunities within the curriculum to develop their information retrieval and evaluation skills in order to identify such resources effectively.

Any **essential reading** will be indicated clearly, along with the method for accessing it, e.g. students may be expected to purchase a set text, be given or sold a print study pack or be referred to texts that are available electronically, etc. This guidance will be available either in the module handbook, via the module information on Blackboard or through any other vehicle deemed appropriate by the module/programme leaders.

If **further reading** is expected, this will be indicated clearly. If specific texts are listed, a clear indication will be given regarding how to access them and, if appropriate, students will be given guidance on how to identify relevant sources for themselves, e.g. through use of bibliographical databases.

Indicative Reading List:

Egan (1995) THE SKILLED HELPER 5th Edition Brooks / Cole

Hawkins P. & Shohet R. (2006) SUPERVISION AND THE HELPING PROFESSIONS 3RD Edition OU Press

Gray A. (1994) AN INTRODUCTION TO THE THERAPUETIC FRAME Routledge

Assessment:

Weighting between components A and B (standard modules only) A: % B: %

FIRST ATTEMPT

First Assessment Opportunity

Component A (*controlled*)

Description of each element

CW1 Self, peer and tutor assessment of
Counselling Skills in Workshop Practice

Element Wt (Ratio)
(*within Component*)

P/F

Component B

Description of each element

CW2 Self, peer, tutor assessment of counselling practice
presented in Supervision Group

Element Wt (Ratio)
(*within Component*)

Final Assessment 1

Second Assessment Opportunity (Resit) further attendance at taught classes is not required

Component A *(controlled)*

Description of each element

CW3 Submission of video / audio recording of a counselling skills practice session with a peer and viva exam

Element Wt (Ratio)
(within Component)

P/F

Component B

Description of each element

CW4 Supervision Presentation and viva exam in either group or one-to-one setting

Element Wt (Ratio)
(within Component)

1

EXCEPTIONAL SECOND ATTEMPT Attendance at taught classes is not required.

Specification confirmed by**Date**
(Associate Dean/Programme Director)