



University of the
West of England

MODULE SPECIFICATION

Code: USPJG3-20-M **Title:** Theory and Practice in Counselling Psychology 1 **Version:**2.1

Level: M **UWE credit rating:** 20 **ECTS credit rating:**10

Module type: Standard

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

Faculty Committee approval: Quality and Standards Committee **Date:** December 2011

Approved for Delivery by: N/A

Valid from: December 2011

Discontinued from:

Pre-requisites:
None

Co-requisites:
None

Entry Requirements:
N/A

Excluded Combinations:
None

Learning Outcomes:

- When they have successfully completed this module, students should be able to demonstrate:
1. a systematic understanding of the diverse philosophical bases which underpin counselling psychology;
 2. the ability to critically evaluate the primary philosophical paradigms that inform counselling psychology theory and practice;
 3. a critical understanding of the spiritual and cultural traditions relevant to counselling psychology;
 4. a critical understanding of the philosophy, theory and practice of the relational approach to psychological therapy;
 5. the ability to practise safely and competently within the relational approach to psychological therapy;
 6. a systematic understanding of the therapeutic relationship and alliance as conceptualised by the relational approach
 7. an understanding of the counselling role in a range of contexts
 8. a deep understanding of different theories of life-span development and their application to counselling psychology;
 9. a critical understanding of relational issues throughout the life-span;
 10. a critical awareness of the impact of social and cultural contexts on human experience and relationship.
 11. A critical understanding of the importance of culture and diversity in counselling psychology theory and practice

Syllabus Outline:

- A. Philosophy and Values:

An exploration of the diverse philosophical, spiritual and cultural traditions of relevance to counselling psychology. A consideration of the values and ethics which underpin counselling psychology practice.

B. The Relational Approach:

The development of an understanding of the relational approach through integration of humanistic and relational psychodynamic concepts, with the relationship as an integrative focus

C. The Counselling Psychologist Role:

The background and development of counselling psychology. Developing and using a relational approach in a counselling psychology role and a range of contexts

D. Counselling Psychology Practice:

Development of knowledge, understanding and critical evaluation of a relational approach in counselling psychology practice; an understanding of the importance of culture and context; awareness of professional and ethical issues; awareness of processes of therapeutic change in the relational approach

E. Understanding the Person.

Exploring diverse models of life-span development and their application to counselling psychology. Models of thinking, feeling and behaving. An understanding of a relational theory of development.

Teaching and Learning Methods:

Short inputs via lecture, video, or guided reading. Brief experiential exercises. Workshops. Small group work.

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:

- P. Clarkson On Psychotherapy, Whurr, 1993
- W. Dryden (ed.) Handbook of Individual Therapy, Sage 4th ed., 2002
- C. Feltham & I. Horton (eds.) Handbook of Counselling and Psychotherapy, Sage, 2000
- Gillon, E. (2007) Person Centred Counselling Psychology. An Introduction. London: Sage
- Jacobs, M. (2004). Psychodynamic counselling in action (3rd ed.). London: Sage.
- Jacobs, M. (2007). The presenting past (3rd revised edition). London: Open University
- M. Kahn Between Therapist and Client - The New Relationship, W.H.Freeman & CO, 2nd ed.,1997
- J. McLeod An Introduction to Counselling, Open University, 3rd ed., 2003
- D. Mearns & B. Thorne Person Centred Therapy Today, Sage, 2000
- S. Palmer (ed.) Introduction to Counselling and Psychotherapy, Sage, 1999
- J. Wilkinson & E. Campbell Psychology in Counselling and Therapeutic Practice, Wiley, 1997

R. Woolfe & W. Dryden (eds.) Handbook of Counselling Psychology, Sage, 3rd edn., 2010

Assessment:

Weighting between components A and B (standard modules only) A: 40% B: 60%

FIRST ATTEMPT

First Assessment Opportunity

Component A (<i>controlled</i>)	Element Wt (Ratio)
Description of each element	(<i>within Component</i>)
CW1 Essay (3000 words)	100% 1

Component B	Element Wt (Ratio)
Description of each element	(<i>within Component</i>)
CS1 Case Study (3000 words)	Final Assessment 1
	100%

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

Component A (<i>controlled</i>)	Element Wt (Ratio)
Description of each element	(<i>within Component</i>)
CW1 Essay (3000 words)	100% 1

Component B	Element Wt (Ratio)
Description of each element	(<i>within Component</i>)
CS2 Case Study (3000 words)	Final Assessment 1
	100%

EXCEPTIONAL SECOND ATTEMPT Attendance at taught classes is required.

Specification confirmed by**Date**

(Associate Dean/Programme Director)