



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

| Part 1: Basic Data | | | | | |
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| Module Title | Theory and Practice in Counselling 1 | | | | |
| Module Code | USPJNH-30-2 | Level | 2 | Version | 1 |
| Owning Faculty | HLS | Field | Psychology | | |
| Contributes towards | DPS - Counselling | | | | |
| UWE Credit Rating | 30 | ECTS Credit Rating | 15 | Module Type | Standard |
| Pre-requisites | None | | Co-requisites | Counselling Skills Practice and Supervision | |
| Excluded Combinations | None | | Module Entry requirements | Enrolment on DPS – counselling year 1 | |
| Valid From | September 2012 | | Valid to | September 2018 | |

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| CAP Approval Date | 3 July 2012 |
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| Part 2: Learning and Teaching | |
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| Learning Outcomes | <p>On successful completion of this module students will be able to:</p> <ul style="list-style-type: none"> • Explain clearly the core counselling model presented • Demonstrate an integration of theoretical understanding and counselling practice • Provide a coherent account of formulation from a range of theoretical approaches • Demonstrate an appreciation of diversity issues, including gender, disability, race, sexuality, class and religion, as they affect students' own counselling practice. • Examine issues of power and inequality in the counselling relationship • Discuss the extent to which human change is dependent on life stage phenomena • Demonstrate an understanding of different theoretical approaches towards the development of psychological problems • Show understanding of the BACP ethical framework and its application to counselling practice • Use knowledge of relevant counselling research to inform counselling practice • Demonstrate ability to practise safely and competently |

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| Syllabus Outline | <ul style="list-style-type: none"> • Person centred approach • Psychodynamic approach • Gestalt approach • Relationship as integrative framework • Diversity : gender, disability, race, sexuality, class, religion • Developmental models and theories |
| Contact Hours/Scheduled Hours | 30 weeks x 2 hours = 60 teaching contact hours |
| Teaching and Learning Methods | <p>Scheduled learning includes lectures, seminars, tutorials, demonstration, practical classes and workshops;</p> <p>Independent learning. Expectation of learning through independent reading, peer discussion and off-site supervision</p> <p>Placement learning: students will be engaged in a counselling practice placement and under-taking between 2 and 4 hours of one-to-one client contact per week on average, including either fortnightly or monthly clinical supervision in the placement setting.</p> |
| Reading Strategy | <p>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.</p> <p>This guidance will be available either in the module handbook, via the module information on uwe online or through any other vehicle deemed appropriate by the module / programme leaders.</p> |
| Indicative Reading List | <p>Essential reading</p> <p>Bond, T. & Mitchels, B. (2008) <i>Confidentiality and Record Keeping in Counselling and Psychotherapy 2</i> Sage London</p> <p>Gray, A. (2007) <i>An Introduction to the Therapeutic Frame</i> Routledge East Sussex</p> <p>Holmes, J. (2002) <i>John Bowlby and Attachment Theory</i> London Routledge</p> <p>Lago, C. (edited) (2011) <i>The Handbook of Transcultural Counselling and Psychotherapy</i> OU Press Maidenhead</p> <p>Hycner, R.(1993) <i>Between Person and Person – Towards a Dialogical Psychotherapy</i> The Gestalt Journal Press New York</p> <p>Kahn, M. (1997) <i>Between Therapist and Client – The New Relationship 2nd Edition</i> Freeman (e-book)</p> <p>Mearns, D. & Cooper, (2005) <i>M. Working at Relational Depth in Counselling and Psychotherapy</i> Sage London</p> <p>Mearns, D. & Thorne, B. (2007) <i>Person Centred Counselling in Action 3rd Edition</i> Sage London</p> |

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| | <p>Mc.Leod, J. (2009) <i>An Introduction to Counselling</i> OU Press 4th Edition (e-book)</p> <p>Rogers, C. (1951) <i>Client-Centred Therapy</i> Constable London</p> <p>Spurling, L. (2004) <i>An introduction to Psychodynamic Counselling</i> Palgrave Macmillan Basingstoke</p> <p>Sugarman, L. (2001) 2nd Edition <i>Life-Span Development</i> Psychology Press Hove East Sussex</p> <p>Watchel, P.L. (2008) <i>Relational Theory and the Practice of Psychotherapy</i> The Guildford Press London</p> |
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| Part 3: Assessment |
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| Identify final assessment component and element | Component B | |
| % weighting between components A and B (Standard modules only) | A: | B: |
| | 50 | 50 |
| First Sit | | |
| Component A (controlled conditions) Description of each element | Element weighting (as % of component) | |
| 1. Presentation | 25 | |
| 2. Essay 2000 words | 25 | |
| Component B Description of each element | Element weighting (as % of component) | |
| 1. Case study 3000 words | 50 | |

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| Resit (further attendance at taught classes is not required) |
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| Component A (controlled conditions) Description of each element | Element weighting (as % of component) | |
| 1. Viva examination | 25 | |
| 2. Essay 2000 words | 25 | |
| Component B Description of each element | Element weighting (as % of component) | |
| 1. Case study 3000 words | 50 | |

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| <p>If a student is permitted an EXCEPTIONAL RETAKE of the module the assessment will be that indicated by the Module Description at the time that retake commences.</p> |
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