



Module Specification

Theory and Practice in Counselling Psychology 1

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Part 1: Information

Module title: Theory and Practice in Counselling Psychology 1

Module code: USPK6B-30-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Social Sciences

Partner institutions: None

Field: Psychology

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: See Learning Outcomes.

Outline syllabus: 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.

The Relational Approach:

The development of an understanding of the relational approach from a psychodynamic perspective.

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.

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.

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.

Part 3: Teaching and learning methods

Teaching and learning methods: Interactive lectures, experiential exercises, case discussion, DVD demonstration of skills.

In terms of technology enhanced learning, this module will make use of Blackboard to disseminate material and provide links to relevant websites. The PsychTHERAPY

database of online case reports will be used to illustrate the integration of theory into practice.

Contact Hours:

Students will receive 54 hours of contact which will be in the form of interactive lectures.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 A systematic and critical understanding of the philosophical, theoretical and empirical bases of the relational approach to counselling psychology

MO2 The ability to critically evaluate the philosophical, theoretical and empirical bases of the relational approach to counselling psychology

MO3 A critical understanding of spiritual and cultural traditions in accordance with the relational philosophy

MO4 The ability to practise safely and competently within the relational approach to counselling psychology

MO5 An understanding of the therapeutic relationship

MO6 An understanding of working as a therapeutic practitioner within a variety of practice settings

MO7 An understanding of a relational model of life-span development

MO8 A critical understanding of relational issues throughout the life-span

MO9 A critical awareness of the impact of social and cultural contexts on human experience and relationships and the implications of this on development and psychopathology

MO10 The ability to formulate clients' concerns from a relational perspective, and evaluate and contrast this using other approaches

MO11 An critical awareness of the principles and applications of scientific enquiry, including the evaluation of treatment efficacy and the research process

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 246 hours

Face-to-face learning = 54 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/usp6b-30-m.html) via the following link <https://uwe.rl.talis.com/modules/usp6b-30-m.html>

Part 4: Assessment

Assessment strategy: Learning outcomes will be assessed by a 3000 word case study and by a 2000 word essay. The case study is designed to assess students' ability to practice within the relational psychodynamic paradigm. The essay will evaluate students' knowledge and comprehension of relational psychodynamic theory, and their ability to ably, critique and evaluate this knowledge.

Assessment tasks:**Case Study** (First Sit)

Description: 3000 word client case study - pass/fail

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO10, MO3, MO4, MO5, MO9

Written Assignment (First Sit)

Description: 2000 word essay

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO11, MO2, MO3, MO6, MO7, MO8, MO9

Case Study (Resit)

Description: 3000 word client case study - pass/fail

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO10, MO3, MO4, MO5, MO9

Written Assignment (Resit)

Description: 2000 word essay

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO11, MO2, MO3, MO6, MO7, MO8, MO9

Part 5: Contributes towards

This module contributes towards the following programmes of study: