



Module Specification

Theory and Practice in Counselling Psychology 2

Version: 2023-24, v2.0, 22 Jun 2023

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Part 1: Information

Module title: Theory and Practice in Counselling Psychology 2

Module code: USPK6F-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: Theory and Practice in Counselling Psychology 1 2023-24

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: This module will cover the key principles of cognitive behavioural therapy and how these can be applied to depression and anxiety.

Part 3: Teaching and learning methods

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

Students are required to be in clinical placement with clients while attending the module.

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.

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 Evaluate research and a range of models of therapy in order to inform practice

MO2 Use professional and research skills in work with clients based on a scientist-practitioner and reflective-practitioner model that incorporates a cycle of assessment, formulation, intervention and evaluation

MO3 Evaluate theories of mind and personality and understand the philosophical bases that underpin those psychological theories which are relevant to counselling psychology

MO4 Critically evaluate theories of psychopathology and change within the social context of culture and lifespan

MO5 Understand theories of human cognitive, emotional, behavioural, social and physiological functioning relevant to counselling psychology

MO6 Understand the impact of psychopharmacology and other interventions on psychological work with clients

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/usp6f-30-m.html) via the following link <https://uwe.rl.talis.com/modules/usp6f-30-m.html>

Part 4: Assessment

Assessment strategy: Learning outcomes will be assessed by a 3000 word process report which includes an audio-recording of a client session and by a 2000 word essay on a key aspect of CBT, for example, CBT formulation, therapeutic relationship in CBT.

The process report is intended to assess students competence to practice cognitive behaviour therapy, and reflect in depth on their practice from an analysis of a single session. The essay will assess knowledge and comprehension of cognitive behavioural concepts, and the ability to evaluate, critique and apply these concepts. Thus the assessments together assess both the theory and practice of cognitive behaviour therapy.

Assessment tasks:

Report (First Sit)

Description: 3000 word process report where the student evaluates their practice with a client, including an audio recording of one of their sessions - pass/fail

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO3, MO4, MO5, MO6

Written Assignment (First Sit)

Description: 2000 word essay on a key aspect of CBT, for example, CBT formulation, therapeutic relationship in CBT.

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5

Report (Resit)

Description: 3000 word process report where the student evaluates their practice with a client, including an audio recording of one of their sessions - pass/fail

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO3, MO4, MO5, MO6

Written Assignment (Resit)

Description: 2000 word essay on a key aspect of CBT, for example, CBT formulation, therapeutic relationship in CBT.

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study: