



ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Psychodynamic Counselling Skills				
Module Code	USPKJ9-30-1	Level	1	Version	1
UWE Credit Rating	30	ECTS Credit Rating	15	WBL module?	No
Owning Faculty	HAS	Field	Psychology		
Department	Health and Social Sciences	Module Type	Professional Practice		
Contributes towards	Certificate in Counselling Skills				
Pre-requisites	None	Co- requisites	USPJKN-30-1 Person-centred Counselling Skills		
Excluded Combinations	None	Module Entry requirements	Enrolment on Certificate in Counselling Skills		
First CAP Approval Date	23 March 2015	Valid from	September 2015		

Review Date	
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Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> 1. Understand the main theoretical and practical features of a psychodynamic approach (Component B) 2. Demonstrate the safe and competent use of counselling skills (Component A) 3. Make constructive use of supervision (Component A) 4. Understand the basic principles of group processes (Component A) 5. Show an awareness of diversity in relation to counselling skills practice (Component A)
Syllabus Outline	<p>Psychodynamic theory and attachment theory. This will include an introductory overview, and sessions which focus on working with transference and countertransference; containment and boundaries; defence mechanisms, working with metaphor and symbol, and an overview of attachment theory across the life cycle.</p> <ul style="list-style-type: none"> • Understanding group theory and process. Students will have an experiential group experience for the first three weeks of the module, and will look at various theories of group processes and dynamics. • Supervision. Students will present an example of their counselling skills work in a group of peers and tutor to explore and receive supervision of their practice.
Contact Hours	<ul style="list-style-type: none"> • 12 weeks x 3hours teaching sessions. This includes a broad range of teaching

activities, including lectures, participation in an experiential group, skills practice, tutorials, demonstrations and experiential exercises. This enables students to integrate their theoretical learning with their practice and to understand the importance of self-awareness and being reflective in their use of counselling skills.

- 1 hr per week Peer support meeting. To give students an experience of co-counselling and to develop self-reflection and awareness.
- 1 day intensive counselling skills workshop (6hrs). This enables a depth of focus on integration of theoretical and experiential learning.

Teaching and Learning Methods

Scheduled learning Lectures which will include experiential exercises and demonstrations (approximately 15 hours); participation in experiential groups (approximately 17 hours); skills practice (approximately 18hrs); peer support meetings (12 hrs), supervision (6hrs).

Independent learning Essential reading, case study preparation, assignment preparation and completion etc. (approximately 181 hrs). Learning is supported by resources available on Blackboard.

Placement learning: It is a pre-requisite for the Certificate in Counselling Skills that students are in a paid employment or voluntary work setting where they will have an opportunity to practise counselling skills.

Key Information Sets Information

Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which a requirement is set by HESA/HEFCE. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.

Key Information Set - Module data				
Number of credits for this module				30
Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours
300	54	181	65	300

The table below indicates as a percentage the total assessment of the module which constitutes a -

- Written Exam:** Unseen written exam, open book written exam, In-class test
- Coursework:** Written assignment or essay, report, dissertation, portfolio, project
- Practical Exam:** Oral Assessment and/or presentation, practical skills assessment, practical exam

Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:

	<table border="1"> <tr> <td colspan="2">Total assessment of the module:</td> <td></td> <td></td> </tr> <tr> <td>Written exam assessment percentage</td> <td></td> <td>0%</td> <td></td> </tr> <tr> <td>Coursework assessment percentage</td> <td></td> <td>100%</td> <td></td> </tr> <tr> <td>Practical exam assessment percentage</td> <td></td> <td>0%</td> <td></td> </tr> <tr> <td></td> <td></td> <td>100%</td> <td></td> </tr> </table>	Total assessment of the module:				Written exam assessment percentage		0%		Coursework assessment percentage		100%		Practical exam assessment percentage		0%				100%	
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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 books and journals and a wide variety of resources available through websites and information gateways. The university library webpages provide access to subject relevant resources and services, and to the library catalogue. Many resources can be accessed remotely. Students will have had a library tour with the subject librarian as part of their induction in the first term. 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>Detailed reading lists and other 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.</p>																				
Indicative Reading List	<p>Provisional indicative reading list, which will be updated prior to start of module. Latest, most up to date editions of:</p> <p>Essential reading: D'Ardenne, P. <i>Counselling in transcultural settings: Priorities for a restless world</i>. London: Sage</p> <p>Howard, S. <i>Skills in psychodynamic counselling and psychotherapy</i>. London: Sage.</p> <p>Hawkins, P. & Shohet, R. <i>Supervision in the helping professions</i>. Maidenhead: OUP</p> <p>Holmes, J. <i>John Bowlby and attachment theory</i>. London: Routledge.</p> <p>Kahn, M. <i>Between therapist and client: The new relationship</i>. New York: Holt paperbacks</p>																				

Part 3: Assessment

Assessment Strategy	<p>The programme employs a range of assessment formats, including essays, reflections on practice and self and peer assessment.</p> <p>Summative assessments: This will consist of a portfolio containing: A record of peer support meetings Skills record feedback (including peer and tutor observation) Supervision Assessment Reflective essay on personal learning and self-awareness (This will map to Learning Outcomes 2,3,4 and 5)</p> <p>And</p> <p>Psychodynamic essay (2000 words) (This will map to Learning Outcome 1)</p>
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	<p>These assessments are equivalent to those for the Gestalt Counselling Skills option.</p> <p>Formative assessments: Students will have experience throughout the course of giving and receiving feedback on their skills practice which will prepare them for the self-reflective, personal learning elements of the essays and supervision case presentations. There will also be opportunities in class to discuss theoretical understanding and to talk about what is expected regarding meeting the assessment criteria etc.</p>
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Identify final assessment component and element		
% weighting between components A and B (Standard modules only)	A:	B:
		100%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
Portfolio	Pass/fail	
Component B Description of each element	Element weighting	
Psychodynamic essay (2000 words)	100%	

Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) Description of each element	Element weighting	
Portfolio	Pass/fail	
Component B Description of each element	Element weighting	
Psychodynamic essay (2000 words)	100%	
<p>If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.</p>		