



## **Module Specification**

### **Psychodynamic Counselling Skills**

Version: 2023-24, v2.0, 23 Jun 2023

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## Part 1: Information

**Module title:** Psychodynamic Counselling Skills

**Module code:** USPKJ9-30-1

**Level:** Level 4

**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:** Person Centred Counselling Skills 2023-24

**Continuing professional development:** No

**Professional, statutory or regulatory body requirements:** None

## Part 2: Description

**Overview:** Not applicable

**Features:** Module Entry Requirements: Enrolment on Certificate in Counselling Skills.

**Educational aims:** See Learning Outcomes.

**Outline syllabus:** 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.

Understanding group theory and process. Students will work in the first two sessions in small groups exploring personal material to enable experiential understanding of the theory (group and individual processes) that will be covered.

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.

### **Part 3: Teaching and learning methods**

**Teaching and learning methods:** Scheduled learning: Lectures which will include experiential exercises and demonstrations, participation in experiential groups ; skills practice ; peer support meetings, supervision .

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.

This module consists of 43 hours teaching, plus 12 hours independent peer support and 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.

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

**MO1** Understand the main theoretical and practical features of a psychodynamic approach

**MO2** Demonstrate the safe and competent use of counselling skills

**MO3** Make constructive use of supervision

**MO4** Understand the basic principles of group processes

**MO5** Show an awareness of diversity in relation to counselling skills practice

**Hours to be allocated:** 300

**Contact hours:**

Independent study/self-guided study = 181 hours

Placement = 65 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/uspki9-30-1.html) via the following link <https://uwe.rl.talis.com/modules/uspki9-30-1.html>

## **Part 4: Assessment**

**Assessment strategy:** The programme employs a range of assessment formats, including essays, reflections on practice and self and peer assessment.

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)

And

Psychodynamic essay (2000 words)

(This will map to Learning Outcome 1)

These assessments are equivalent to those for the Gestalt Counselling Skills option.

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.

**Assessment tasks:**

**Portfolio (First Sit)**

Description: Portfolio Pass/Fail

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5

**Written Assignment (First Sit)**

Description: Psychodynamic essay (2000 words)

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1

**Portfolio (Resit)**

Description: Portfolio Pass/Fail

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5

**Written Assignment (Resit)**

Description: Psychodynamic essay (2000 words)

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1

**Part 5: Contributes towards**

This module contributes towards the following programmes of study: