



Module Specification

Professional Practice: Personal Development 1

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Part 1: Information

Module title: Professional Practice: Personal Development 1

Module code: USPKFH-15-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

College: College of Health, Science & Society

School: CHSS School of Social Sciences

Partner institutions: None

Field: Psychology

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: Professional Practice, Skills and Supervision 1 2023-24, Theory and Practice in Counselling and Psychotherapy 1 2023-24

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: This module introduces you to key concepts in understanding what personal development is and why it is regarded as central to counselling and psychotherapy training. You will be part of an experiential group in which you will explore the here-and-now behaviour and experience of group members (including your own position) in a large group setting.

Features: Not applicable

Educational aims: See Learning Outcomes

Outline syllabus: You will have the opportunity to develop a greater awareness of how you relate to yourself and others and to discover the patterns you have developed for dealing with life and how these strategies may impact on your relationships with others, including clients.

You will be encouraged to assess the social, cultural and family values that influence your own development, while being aware of any prejudices and biases. Learning will focus on how internal and external worlds impact on the dynamics of the therapeutic relationship. This includes an advanced awareness of how unconscious processes affect therapy.

You are expected to critically analyse and reflect your experience in the group and to refer to counselling/psychotherapy research and literature to develop and support your understanding.

You will be expected to build on your experiential learning of being a group member with independent study. This will include activities such as personal therapy, clinical supervision, reading, peer discussion, writing/creating a reflective journal.

You will meet with your Personal Tutor each term to discuss progress, identify professional and personal developmental needs, and examine any other issues

Part 3: Teaching and learning methods

Teaching and learning methods: Generic Graduate Skill:

Communication - Oral and written - D & E

Professionalism - Self-awareness - D & E

Digital Fluency - Use of standard software - D & E

Forward Looking - Self-evaluation - D & E

Emotional Intelligence - Self-evaluation - D & E

Key:

D - Developed

E - Evidenced

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

MO1 Make effective use of opportunities for self-development within a personal development group

MO2 Critically reflect on your own experiences and behaviour within the Personal Development group, evidencing increasing self-awareness and showing how group experiences link with your personal history

MO3 Understand the impact of the counsellor in the therapeutic relationship

MO4 Draw on relevant theory and research in the counselling and psychotherapy literature

MO5 Evidence fitness to practice and self awareness, and achieve minimum 80% attendance at personal development sessions, adhering to BACP Ethical Framework standards and principles

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 114 hours

Face-to-face learning = 36 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspkh-15-m.html) via the following link <https://uwe.rl.talis.com/modules/uspkh-15-m.html>

Part 4: Assessment

Assessment strategy: This module has two assessment tasks:

1. Written Assignment

The purpose of this assessment is to evidence theoretical knowledge and personal understanding of the importance of exploring both ends of the client/counsellor relationship; how the counsellor's personal experiences impact on what can be co-created in the counselling relationship.

The assessment is a reflective essay of 2000 words articulating how your understanding of the interdependence between personal experiences and professional practice has developed through your participation in the Personal Development group.

This is primarily a personal account of your experience in the group. You should also include experience of your own therapy and counselling practice as it relates to themes in your reflection. You are expected to identify and incorporate relevant aspects of counselling and research theory to support your reflections, and include appropriate referencing to support the points you make.

2. Attendance report - This consists of 80% minimum attendance at taught sessions (calculated by number of sessions) - Pass/Fail

Assessment tasks:

Written Assignment (First Sit)

Description: Reflective Essay (2000 words)

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Report (First Sit)

Description: This consists of 80% minimum attendance at taught sessions (calculated by number of sessions)

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO5

Written Assignment (Resit)

Description: Reflective Essay (2000 words)

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Report (Resit)

Description: This consists of 80% minimum attendance at taught sessions (calculated by number of sessions)

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Counselling and Psychotherapy [Frenchay] MA 2023-24