



## **Module Specification**

### **Professional Practice: Personal Development 2**

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## Part 1: Information

**Module title:** Professional Practice: Personal Development 2

**Module code:** USPKFJ-15-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 15

**ECTS credit rating:** 7.5

**Faculty:** Faculty of Health & Applied Sciences

**Department:** HAS Dept of Social Sciences

**Partner institutions:** None

**Field:** Psychology

**Module type:** Module

**Pre-requisites:** Evidencing Work Based Learning – Counselling and Psychotherapy 2023-24, Research in Counselling and Psychotherapy 2023-24

**Excluded combinations:** None

**Co-requisites:** Professional Practice, Skills and Supervision 2 2023-24, Theory and Practice in Counselling and Psychotherapy 2 2023-24

**Continuing professional development:** No

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

## Part 2: Description

**Overview:** This module builds on the first year curriculum and is intended for students who have successfully completed Personal Development 1. The module aims to support and promote critical and empathic reflection, reflective practice and ongoing personal and professional development.

**Features:** Not applicable

**Educational aims:** See Learning Outcomes

**Outline syllabus:** You will continue to be part of an experiential group that explores the here-and-now behaviour and experience of group members (including your own position) in a large group setting. In Personal Development 1 the focus of learning was on the individual within the group. In this module the focus will be upon what happens at group level. This module provides a platform for critically evaluating the life of the group and your place within this. This includes examining the distinct patterns or phases of group life, aspects of diversity that influence group and individual behaviours, group dynamics and processes.

You will be expected to develop awareness of group dynamics and your role in unconscious group processes and that you can transfer this learning and insight beyond the training to your professional and personal life. Developing theoretical knowledge about the establishment of group norms, culture, goals and cohesiveness will provide you with skills that enable you to reflect on the agencies within which you work, and to evaluate your own response to these aspects of group functioning and style.

You will be expected to build upon your experiential learning within the group with independent study. This will include drawing on group-theory and counselling and research literature, personal therapy, placement learning (organisational procedures and dynamics) supervision, peer discussion, journal writing.

You will meet with your Personal Tutor on a termly basis 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 and group awareness - D & E

Digital Fluency - D & E

Innovative and Enterprising - D & E

Key:

D - Developed

E - Evidenced

Forward Looking - Self-evaluation - D & E

Emotional Intelligence - Self-evaluation - D & E

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

**MO1** Reflect critically upon group processes and dynamics within the Personal Development group and link this to your personal history

**MO2** Demonstrate a critical understanding of the group process, and apply appropriate theories of group processes and dynamics and relevant counselling and psychotherapy literature

**MO3** Evaluate application of learning from experience of a large group in relation to your practice within an organisational counselling setting

**MO4** Make effective use of opportunities for self-development and increasing selfawareness and describe the impact on your counselling practice

**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://rl.talis.com/3/uwe/lists/7252CD2E-CC23-4A6B-D865-B82C61B8FD95.html?lang=en) via the following link <https://rl.talis.com/3/uwe/lists/7252CD2E-CC23-4A6B-D865-B82C61B8FD95.html?lang=en>

## **Part 4: Assessment**

**Assessment strategy:** The purpose of this assessment is to evidence theoretical knowledge and personal understanding of the importance of exploring the process and functioning of groups. You will evaluate how different conceptualisations and definitions of the task of the group are related to the establishment of group norms, culture, goals and cohesiveness. You will critically describe your learning about your relationship to, and understanding of, the group as 'a whole'.

The assessment is a reflective essay of 2000 words articulating your understanding of the group processes within the Personal Development group. You will be required to critically analyse how the individual and the group are interdependent and you will draw on appropriate academic organisational, group and psychotherapeutic literature to support your understanding and observations. You are expected to identify and incorporate relevant aspects of group work, counselling and psychotherapy theory and research literature to support your reflections, and include appropriate referencing to support the points you make.

### **Assessment tasks:**

#### **Written Assignment (First Sit)**

Description: Reflective Essay

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

#### **Written Assignment (Resit)**

Description: Reflective Essay

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

### **Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Counselling and Psychotherapy [Sep][PT][Frenchay][3yrs] MA 2021-22