






MODULE SPECIFICATION

| Part 1: Information | | | |
|----------------------------------|--|---------------------------|------------|
| Module Title | Theory and Practice in Counselling and Psychotherapy 1 | | |
| Module Code | USPKFM-30-M | Level | M |
| For implementation from | January 2020 | | |
| UWE Credit Rating | 30 | ECTS Credit Rating | 15 |
| Faculty | Health and Applied Sciences | Field | Psychology |
| Department | Health and Social Sciences | | |
| Contributes towards | MA Counselling and Psychotherapy | | |
| Module type: | Standard module | | |
| Pre-requisites | | | |
| Excluded Combinations | | | |
| Co- requisites | Professional Practice, Skills and Supervision 1 (USPKFK-30-M) Professional Practice: Personal Development 1 (USPKFH-15-M) | | |
| Module Entry requirements | | | |

| Part 2: Description | | | | |
|--|---|-------------------|------------------|------------------|
| <p>This module will introduce you to the key principles which form the foundation for professional counselling practice. This will include the BACP Ethical Framework, management of counselling practice, client notes and record keeping within data protection policies, identifying ethical and legal responsibilities with regard to risk, acknowledging diversity and its impact on the therapeutic relationship and the process of therapy. Building upon these underpinnings, you will examine key relational theoretical approaches within counselling and psychotherapy and synthesise these into an integrated model for practice and way of understanding the development of psychological problems and distress. This will enable you to develop clear and coherent integrated case formulation.</p> <p>This module will employ a variety of teaching methods including lectures, video illustrations, guided reading, experiential exercises in small groups and demonstrations.</p> | | | | |
| Generic Graduate Skill | <i>Specific strand (eg presentation) - Optional</i> | Introduced | Developed | Evidenced |
| 1. Communication | Oral and written communication and presentation. | ☒ | ☒ | ☒ |
| 2. Professionalism | Applying theory and ethical standards to client work. | ☒ | ☒ | ☒ |

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|--|-----------------------------|--------------------------|--|-------------------------------------|
| 3. Critical Thinking | Critical theoretical debate | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Digital Fluency | Use of standard software. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Innovative and Enterprising | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Forward Looking | Reflective practice. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 7. Emotional Intelligence | Reflective practice. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 8. Globally Engaged | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Part 3: Assessment | | | | |
| There are two assessment components in this module. Component A is a group presentation (20 minutes) followed by questions (10 minutes) in class, evidencing integration of key aspects of counselling theory and practice into a coherent framework. Component B is a Case Study from practice of 3,000 words. This will enable you to develop a clear formulation of a client's presenting issues and history, articulate your rationale for your interventions and critically reflect upon your practice. | | | | |
| Identify final timetabled piece of assessment (component and element) | | Component B | | |
| % weighting between components A and B (Standard modules only) | | | A: | B: |
| | | | 25 | 75 |
| First Sit | | | | |
| Component A (controlled conditions) Description of each element | | | Element weighting (as % of component) | |
| Presentation (20 minutes followed by 10 minutes questions) (in class) | | | 100% | |
| Component B Description of each element | | | | |
| Case study (3,000 words) | | | 100% | |
| Resit (further attendance at taught classes is not required) | | | | |
| Component A (controlled conditions) Description of each element | | | Element weighting (as % of component) | |
| Presentation (20 minutes followed by 10 minutes questions) (in class) | | | 100% | |
| Component B Description of each element | | | | |
| Case study (3,000 words) | | | 100% | |

| Part 4: Learning Outcomes & KIS Data | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|-----------------------------------|-----------------------|---|----|----------------------------------|-----------------------------------|--------------------------------------|-----|--|------|--|--|--|--|----|-----------------------|---|-------------------------|-----------------------|-----------------|-----|----|-----|---|-----|--|--|--|--|---|
| Learning Outcomes | <p>On successful completion of this module you will be able to:</p> <ul style="list-style-type: none"> • Critically appraise and synthesise the philosophical, theoretical and empirical bases of relational approaches to counselling and psychotherapy (Component A) • Evidence safe and competent practice, adhering to BACP Ethical Framework standards and principles (Component B) • Formulate clients' presentation and history from a relational perspective and give theoretical rationale for the particular interventions you have chosen in your practice (Component B) • Critically reflect upon the impact of diversity and social and cultural contexts on human experience and relationships and the implications of this for therapeutic practice (Components A and B) • Evidence and demonstrate through your practice that you are working relationally and taking account of the underlying processes and phases of the counselling work (tasks of beginning, middle and endings) (component B) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Key Information Sets Information (KIS) | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="5" style="background-color: #d3d3d3;">Key Information Set - Module data</th> </tr> </thead> <tbody> <tr> <td colspan="5">Number of credits for this module</td> </tr> <tr> <td colspan="4"></td> <td style="text-align: right; color: red;">30</td> </tr> <tr> <th style="background-color: #d3d3d3;">Hours to be allocated</th> <th style="background-color: #d3d3d3;">Scheduled learning and teaching study hours</th> <th style="background-color: #d3d3d3;">Independent study hours</th> <th style="background-color: #d3d3d3;">Placement study hours</th> <th style="background-color: #d3d3d3;">Allocated Hours</th> </tr> <tr> <td style="text-align: center; color: red;">300</td> <td style="text-align: center; color: red;">72</td> <td style="text-align: center; color: red;">228</td> <td style="text-align: center; color: red;">0</td> <td style="text-align: center; color: red;">300</td> </tr> <tr> <td colspan="4"></td> <td style="text-align: center;"></td> </tr> </tbody> </table> | 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 | 72 | 228 | 0 | 300 | | | | |  |
| 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 | 72 | 228 | 0 | 300 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Assessment | <p>The table below indicates as a percentage the total assessment of the module which constitutes a;</p> <p>Written Exam: Unseen or open book written exam Coursework: Written assignment or essay, report, dissertation, portfolio, project or in class test Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam (i.e. an exam determining mastery of a technique)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="background-color: #d3d3d3;">Total assessment of the module:</th> </tr> </thead> <tbody> <tr> <td>Written exam assessment percentage</td> <td style="text-align: center;">0%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td style="text-align: center;">75%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td style="text-align: center;">25%</td> </tr> <tr> <td></td> <td style="text-align: center;">100%</td> </tr> </tbody> </table> | Total assessment of the module: | | Written exam assessment percentage | 0% | Coursework assessment percentage | 75% | Practical exam assessment percentage | 25% | | 100% | | | | | | | | | | | | | | | | | | | | |
| Total assessment of the module: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Written exam assessment percentage | 0% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coursework assessment percentage | 75% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Practical exam assessment percentage | 25% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 100% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| Reading List | <p><i>Please create a reading list on http://readinglists.uwe.ac.uk, and include a link to your list in this section.</i></p> <p>We will be creating an online reading list in due course including the core text for the module which is the latest edition of McLeod, J. (2019) <i>Introduction to Counselling</i>. Maidenhead: Open University Press</p> <p>Other reading and articles will populate reading list</p> |
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