



## **Module Specification**

# **Theory and Practice in Counselling and Psychotherapy 1**

Version: 2023-24, v3.0, 30 Jan 2024

### **Contents**

<b>Module Specification .....</b>	<b>1</b>
<b>Part 1: Information .....</b>	<b>2</b>
<b>Part 2: Description .....</b>	<b>2</b>
<b>Part 3: Teaching and learning methods .....</b>	<b>3</b>
<b>Part 4: Assessment.....</b>	<b>4</b>
<b>Part 5: Contributes towards .....</b>	<b>6</b>

## Part 1: Information

**Module title:** Theory and Practice in Counselling and Psychotherapy 1

**Module code:** USPKFM-30-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 30

**ECTS credit rating:** 15

**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, Professional Practice: Personal Development 1 2023-24

**Continuing professional development:** No

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

## Part 2: Description

**Overview:** This module will introduce you to the key principles which form the foundation for professional counselling practice.

**Features:** Not applicable

**Educational aims:** See learning outcomes

**Outline syllabus:** 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.

This module will employ a variety of teaching methods including lectures, video illustrations, guided reading, experiential exercises in small groups and demonstrations.

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

**Teaching and learning methods:** Generic Graduate Skills:

Communication - oral and written communication and presentation - I, D & E

Professionalism - Applying theory and ethical standards to client work - I, D & E

Critical Thinking - Critical theoretical debate - D & E

Forward looking - Reflective practice - D & E

Emotional Intelligence - Reflective practice - D & E

Key:

I - Introduced

D - Developed

E - Evidenced

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

**MO1** Critically appraise and synthesise the philosophical, theoretical and empirical bases of relational approaches to counselling and psychotherapy

**MO2** Evidence safe and competent practice and achieve minimum 80% attendance at taught sessions, adhering to BACP Ethical Framework standards and principles

**MO3** Formulate clients' presentation and history from a relational perspective and give theoretical rationale for the particular interventions you have chosen in your practice

**MO4** 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

**MO5** 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)

**Hours to be allocated:** 300

**Contact hours:**

Independent study/self-guided study = 228 hours

Face-to-face learning = 72 hours

Total = 300

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://readinglists.uwe.ac.uk) via the following link

<https://rl.talis.com/3/uwe/lists/8CAB67AC-E8BE-3C65-0CBB-EA44F2D62114.html?lang=en&login=1>

## **Part 4: Assessment**

**Assessment strategy:** There are three assessments in this module.

1. 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.

2. Written Assignment - 3000-word essay based on one of two topics:

Topic 1 links the students' personal developmental history or experience of diversity to clinical work and theory.

Topic 2 enables students to formulate a clinical/psycho-social response to their own developmental experience/material and considers the impact this may have on client-work .

3. Professional Practice Report - This consists of 80% minimum attendance at taught sessions (calculated by number of sessions) - Pass/Fail

**Assessment tasks:**

**Presentation (First Sit)**

Description: Presentation (20 mins followed by 10 mins questions)

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO4

**Written Assignment (First Sit)**

Description: Essay (3000-words)

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5

**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: MO2

**Presentation (Resit)**

Description: Oral Presentation (20mins followed by 10 mins questions)

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO4

**Written Assignment (Resit)**

Description: Essay (3000-words)

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO5

**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: MO2

**Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Counselling and Psychotherapy [Frenchay] MA 2023-24