



MODULE SPECIFICATION

| Part 1: Information | | | |
|----------------------------------|---|---------------------------|------------|
| Module Title | Theory and Practice in Counselling and Psychotherapy 2 | | |
| Module Code | USPKFN-15-M | Level | M |
| For implementation from | January 2022 | | |
| UWE Credit Rating | 15 | ECTS Credit Rating | 7.5 |
| Faculty | Health and Applied Sciences | Field | Psychology |
| Department | Health and Social Sciences | | |
| Contributes towards | MA Counselling and Psychotherapy | | |
| Module type: | Project | | |
| Pre-requisites | Evidencing Work Based Learning - Counselling and Psychotherapy (USPKFF-15-M); Research in Counselling and Psychotherapy (USPKFG-30-M) | | |
| Excluded Combinations | | | |
| Co- requisites | Professional Practice, Skills and Supervision 2 (USPKFL-30-M); Professional Practice: Personal Development 2 (USPKFJ-15-M) | | |
| Module Entry requirements | | | |




| Part 2: Description | |
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| <p>This module builds on the key theoretical concepts and principles which were introduced in Theory and Practice in Counselling and Psychotherapy 1. You will examine more complex issues in counselling theory and practice, to facilitate a deeper understanding of client concerns, and to assess the most appropriate counselling interventions and to be able to articulate a clear rationale, based upon theory, for these choices. We will introduce you to the issues involved in making an initial assessment of a new client, in making case formulations and recommendations for particular counselling interventions or onward referral. You will revisit key philosophical principles (values and ethics) that underpin relational counselling and psychotherapy practice. The module will critically consider different models of mental health and psychiatric diagnosis and the effects of psychotropic medication, in order to facilitate sensitive, informed and appropriate interventions as professional counselling practitioners.</p> <p>The teaching on this module will include lectures, video illustrations, guided reading, experiential exercises in small groups and demonstrations.</p> | |

| Generic Graduate Skill | Specific strand (eg presentation) - Optional | Introduced | Developed | Evidenced |
|--------------------------------|--|--------------------------|-------------------------------------|-------------------------------------|
| 1. Communication | Oral and written communication and presentation. Peer review. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2. Professionalism | Applying theory and ethical standards to client work. Personal philosophical and ethical framework. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3. Critical Thinking | Developing professional identity as a psychotherapeutic counsellor. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Digital Fluency | Use of standard software. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" 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 is one assessment for this module. This will take the form of a written essay (2,000 words) outlining your philosophy of counselling and approach to practice. There will be two stages to this assignment. The first is a formative assessment where your essay will be peer reviewed. You will use this feedback to rework and finalise your essay which is then tutor assessed. The tutor's assessment (summative) will be your mark for the assignment. This assignment will enable you to formulate a clear and coherent framework, drawing on key principles from theory and professional practice. The ability to clearly articulate your counselling philosophy is a required competency for the process of individual professional accreditation as a counsellor with the BACP, following graduation.

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| Identify final timetabled piece of assessment (component and element) | Component A | |
| % weighting between components A and B (Standard modules only) | A: | B: |
| | | |
| First Sit | | |
| Component A Description of each element | Element weighting (as % of component) | |
| 1. Essay (2,000 words) | 100% | |
| Resit (further attendance at taught classes is not required) | | |
| Component A Description of each element | Element weighting (as % of component) | |
| 1. Essay (2,000 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 different models of mental health and psychiatric diagnoses and be able to respond sensitively, appropriately and effectively to clients with a range of mental health concerns (Component A) Understand the significance of the assessment process in making informed decisions about interventions in counselling practice (Component A) Develop a clear rationale for all your client work with reference to theory (Component A) Critically examine own beliefs, attitudes and values about psychological health and illness and evidence how this is informing your practice (Component A) Apply professional, legal and ethical standards of counselling to your own counselling practice and understand the implications of not doing so (Component A) | | | | | | | | | | | | | | | | | | | |
| Key Information Sets Information (KIS) | <table border="1"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> </thead> <tbody> <tr> <td colspan="5"><i>Number of credits for this module</i></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border: 2px solid black; color: red;">15</td> </tr> </tbody> </table> | | | | | Key Information Set - Module data | | | | | <i>Number of credits for this module</i> | | | | | | | | | 15 |
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| <i>Number of credits for this module</i> | | | | | | | | | | | | | | | | | | | | |
| | | | | 15 | | | | | | | | | | | | | | | | |
| Contact Hours | <table border="1"> <thead> <tr> <th>Hours to be allocated</th> <th>Scheduled learning and teaching study hours</th> <th>Independent study hours</th> <th>Placement study hours</th> <th>Allocated Hours</th> <th></th> </tr> </thead> <tbody> <tr> <td style="color: red;">150</td> <td style="color: red;">44</td> <td style="color: red;">106</td> <td style="color: red;">0</td> <td style="color: red;">150</td> <td style="text-align: center;"></td> </tr> </tbody> </table> | | | | | Hours to be allocated | Scheduled learning and teaching study hours | Independent study hours | Placement study hours | Allocated Hours | | 150 | 44 | 106 | 0 | 150 |  | | | |
| Hours to be allocated | Scheduled learning and teaching study hours | Independent study hours | Placement study hours | Allocated Hours | | | | | | | | | | | | | | | | |
| 150 | 44 | 106 | 0 | 150 |  | | | | | | | | | | | | | | | |
| 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="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="2">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;">100%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td style="text-align: center;">0%</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 | 100% | Practical exam assessment percentage | 0% | | 100% | | | | | |
| Total assessment of the module: | | | | | | | | | | | | | | | | | | | | |
| Written exam assessment percentage | 0% | | | | | | | | | | | | | | | | | | | |
| Coursework assessment percentage | 100% | | | | | | | | | | | | | | | | | | | |
| Practical exam assessment percentage | 0% | | | | | | | | | | | | | | | | | | | |
| | 100% | | | | | | | | | | | | | | | | | | | |

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| Reading List | <p>We will be creating an online reading list. Books listed below are some of the core texts that will be on the list.</p> <p>Core text book latest editions of: McLeod, J (2019) <i>Introduction to counselling and psychotherapy</i>. Maidenhead: Open University Press. Bond, T. <i>Standards and ethics for counselling in action</i>. London: Sage. Moncrief J (2008). <i>The Myth of the Chemical Cure: A Critique of Psychiatric Drug Treatment</i>. Palgrave Macmillan.</p> |
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