



Module Specification

Theory and Practice in Counselling and Psychotherapy 2

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Part 1: Information

Module title: Theory and Practice in Counselling and Psychotherapy 2

Module code: USPKN-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, Professional Practice: Personal Development 2 2023-24

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: This module builds on the key theoretical concepts and principles which were introduced in Theory and Practice in Counselling and Psychotherapy 1.

Features: Not applicable

Educational aims: See Learning Outcomes

Outline syllabus: 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.

The teaching on this module will include lectures, video illustrations, guided reading, experiential exercises in small groups and demonstrations.

Part 3: Teaching and learning methods

Teaching and learning methods: Generic Graduate Skill:

Communication - Oral and written communication and presentation. Peer review - D & E

Professionalism - Applying theory and ethical standards to client work. Personal and philosophical and ethical framework - D & E

Critical Thinking - Developing professional identity as a psychotherapeutic counsellor - D & E

Digital Fluency - use of standard software - D & E

Forward Looking - Reflective practice - D & E

Emotional Intelligence - Reflective practice - D & E

Key:

D - Developed

E - Evidenced

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

MO1 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.

MO2 Understand the significance of the assessment process in making informed decisions about interventions in counselling practice

MO3 Develop a clear rationale for all your client work with reference to theory

MO4 Critically examine own beliefs, attitudes and values about psychological health and illness and evidence how this is informing your practice

MO5 Apply professional, legal and ethical standards of counselling to your own counselling practice and understand the implications of not doing so.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 106 hours

Face-to-face learning = 44 hours

Total = 150

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

Part 4: Assessment

Assessment strategy: 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.

Assessment tasks:

Written Assignment (First Sit)

Description: Essay

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Written Assignment (Resit)

Description: Essay

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

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