



## **Module Specification**

# **Theory and Practice in Counselling and Psychotherapy 2**

Version: 2024-25, v3.0, 31 Jan 2024

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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:** 2024-25

**UWE credit rating:** 15

**ECTS credit rating:** 7.5

**College:** College of Health, Science & Society

**School:** CHSS School of Social Sciences

**Partner institutions:** None

**Field:** Psychology

**Module type:** Module

**Pre-requisites:** Professional Practice, Skills and Supervision 1 2023-24, Professional Practice: Personal Development 1 2023-24, Theory and Practice in Counselling and Psychotherapy 1 2023-24

**Excluded combinations:** None

**Co-requisites:** Professional Practice, Skills and Supervision 2 2024-25, Professional Practice: Personal Development 2 2024-25

**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** Evidence safe and competent practice, apply professional, legal and ethical standards of counselling to your own counselling practice, and achieve minimum attendance, adhering to BACP Ethical Framework standards and principles

**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 are two assessments for this module:

### 1. Written Assignment

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.

2. Attendance report - This consists of 80% minimum attendance at taught sessions (calculated by number of sessions) - Pass/Fail

### Assessment tasks:

#### Written Assignment (First Sit)

Description: Essay

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, 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: MO5

**Written Assignment (Resit)**

Description: Essay

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, 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: MO5

**Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Counselling and Psychotherapy [Frenchay] MA 2023-24

Counselling and Psychotherapy [Frenchay] MA 2022-23