



## **Module Specification**

### **Personal and Professional Development 1**

Version: 2023-24, v2.0, 21 Jun 2023

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## Part 1: Information

**Module title:** Personal and Professional Development 1

**Module code:** USPJG5-40-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 40

**ECTS credit rating:** 20

**Faculty:** Faculty of Health & Applied Sciences

**Department:** HAS Dept of Social Sciences

**Partner institutions:** None

**Field:** Psychology

**Module type:** Module

**Pre-requisites:** None

**Excluded combinations:** None

**Co-requisites:** None

**Continuing professional development:** No

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

## Part 2: Description

**Overview:** Not applicable

**Features:** Not applicable

**Educational aims:** See Learning Outcome.

**Outline syllabus:** Self-awareness

An exploration and appreciation of the role of self-awareness in the psychological therapies. An understanding of the impact of personal issues on the counselling

process. An introduction to the intentional use of self.

#### Client awareness

To consider client experience from the perspective of models of psychological therapy and mental health. To explore and practise responses to client diversity.

#### Therapeutic competence

Learning to form, maintain and monitor the working alliance. The intentional use of counselling skills with a range of client presentations. Understanding and evaluating the stages of psychological therapy.

#### Professional practice

An appreciation of the role and value of supervision. An introduction to ethical practice. Understanding and preparing for different work contexts.

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

**Teaching and learning methods:** Personal therapy.

Personal development group(s).

Clinical supervision groups.

Live and recorded demonstrations.

Skills practice and role-play.

Audio- and videotape recording.

Self, peer and tutor feedback.

Live supervision. Personal learning journal.

Lectures and seminars.

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

**MO1** An understanding of the potential impact of their own attitudes and behaviour on the counselling process.

**MO2** Reflective awareness of their own personality features and adaptations.

- MO3** A growing capacity for realistic self-reflection.
- MO4** A developing understanding of emotional and other processes arising in counselling.
- MO5** A growing competence in responding to internal processes.
- MO6** Reflective awareness of their own implicit models of helping.
- MO7** Reflective awareness of their own learning styles.
- MO8** Reflective awareness of their own supervisory needs.
- MO9** A thorough understanding and intentional use of basic counselling skills.
- MO10** Developing confidence and competence in forming and managing a working alliance.
- MO11** A developing understanding of the value of different forms of therapeutic relationship.
- MO12** An understanding of the stages and processes of psychological therapies.
- MO13** A growing competence in the monitoring and evaluation of the counselling process.
- MO14** A working knowledge of humanistic, psychodynamic and cognitive behavioural approaches.
- MO15** A conceptual appreciation of the differences between mental health, mental health problems, and mental illness.
- MO16** Developing competence in basic interventions for anxiety and depression.
- MO17** A growing competence in responding to client diversity.
- MO18** An appreciation of the value of clinical supervision.
- MO19** A growing competence in using supervision, including the integration of theory and practice.
- MO20** An awareness of ethical issues and an ability to work proactively with others to formulate solutions.
- MO21** An awareness of the demands of working contexts.

**Hours to be allocated:** 400

**Contact hours:**

Independent study/self-guided study = 304 hours

Face-to-face learning = 96 hours

Total = 400

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

**Part 4: Assessment**

**Assessment strategy:** There are two summative assessment tasks for this module; a portfolio and Counselling Skills tape and process report.

Assessment. Task 1: (Pass/Fail)

a) Skills assessment - self, peer and tutor; b) Supervision assessment - self, peer and tutor; c) Log of placement practice hours; d) Supervision log; e) Placement supervisor's report; f) Log of personal therapy hours; g) end of year appraisal interview g) Personal reflection (1000 words)

Assessment Task 2: Counselling Skills tape and process report (3000 words).

**Assessment tasks:****Portfolio (First Sit)**

Description: a) Skills assessment - self, peer and tutor; b) Supervision assessment - self, peer and tutor; c) Log of placement practice hours; d) Supervision log; e) Placement supervisor's report; f) Log of personal therapy hours; g) end of year appraisal interview g) Personal reflection (1000 words)

Pass/Fail

Weighting: 0 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO10, MO11, MO12, MO13, MO14, MO15, MO16, MO17, MO18, MO19, MO2, MO20, MO21, MO3, MO4, MO5, MO6, MO7, MO8, MO9

**Written Assignment (First Sit)**

Description: Counselling Skills tape and process report (3000 words)

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO10, MO11, MO12, MO13, MO14, MO15, MO16, MO17, MO18, MO19, MO2, MO20, MO21, MO3, MO4, MO5, MO6, MO7, MO8, MO9

**Portfolio (Resit)**

Description: a) Skills assessment - self, peer and tutor; b) Supervision assessment - self, peer and tutor; c) Log of placement practice hours; d) Supervision log; e) Placement supervisor's report; f) Log of personal therapy hours; g) end of year appraisal interview g) Personal reflection (1000 words)

Pass/Fail

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO10, MO11, MO12, MO13, MO14, MO15, MO16, MO17, MO18, MO19, MO2, MO20, MO21, MO3, MO4, MO5, MO6, MO7, MO8, MO9

**Written Assignment (Resit)**

Description: Counselling Skills tape and process report (3000 words)

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO10, MO11, MO12, MO13, MO14, MO15, MO16, MO17, MO18, MO19, MO2, MO20, MO21, MO3, MO4, MO5, MO6, MO7, MO8, MO9

## **Part 5: Contributes towards**

This module contributes towards the following programmes of study: