



Module Specification

Personal and Professional Development 1

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Part 1: Information

Module title: Personal and Professional Development 1

Module code: USPJLM-20-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 20

ECTS credit rating: 10

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 Outcomes.

Outline syllabus: A. 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.

B. 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.

C. 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.

D. Professional practice:

An appreciation of the role and value of supervision. An introduction to ethical practice including limits of own practice and risk issues. 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 the relational approach
- 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 and non discriminatory practice
- 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: 200

Contact hours:

Independent study/self-guided study = 152 hours

Face-to-face learning = 48 hours

Total = 200

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: This module has no assessment strategy

Assessment tasks:

Portfolio (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 (First Sit)

Description: Portfolio:

- 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;
- h) 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

Portfolio (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

Portfolio (Resit)

Description: Portfolio:

- 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;
- h) 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

Part 5: Contributes towards

This module contributes towards the following programmes of study: