



Module Specification

Personal and Professional Development 1

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Part 1: Information

Module title: Personal and Professional Development 1

Module code: USPK6C-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: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Pre-requisites: Certificate in Counselling Skills

Features: Not applicable

Educational aims: See Learning Outcomes.

Outline syllabus: The syllabus includes:

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 the client's experience from a relational perspective, including developmental issues and psychopathology . To explore and practise responses to client diversity.

Therapeutic competence:

Learning to form, maintain and monitor the therapeutic relationship. The intentional use of the therapeutic relationship with a range of client presentations.

Understanding and evaluating the stages of relational 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. Clinical supervision group/case discussion groups. Skills practice. Self, peer and tutor feedback. Personal learning journal. Lectures and seminars.

Contact Hours: Students will receive 27 hours of contact which will be in the form of clinical case discussion groups and skills practice.

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 critical understanding and intentional use of basic counselling skills
- MO10** Developing confidence and competence in forming and working with the therapeutic relationship
- MO11** A developing critical understanding of the value of different forms of therapeutic relationship
- MO12** An understanding of the stages and processes of counselling psychology
- MO13** A growing competence in the monitoring and evaluation of the counselling process
- MO14** A working knowledge of the relational model of psychotherapy
- MO15** A conceptual appreciation of the differences between mental health, mental health problems, and mental illness and the ability to critique these constructs from a relational perspective
- MO16** A growing competence in responding to client diversity
- MO17** An appreciation of the value of clinical supervision
- MO18** A growing competence in using supervision, including the integration of theory and practice

MO19 An awareness of ethical issues and an ability to work proactively with others to formulate solutions

MO20 A critical awareness of the demands of working contexts

MO21 An awareness of appropriate boundaries and an understanding of the dynamics of power

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 123 hours

Face-to-face learning = 27 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/usp6c-15-m.html) via the following link <https://uwe.rl.talis.com/modules/usp6c-15-m.html>

Part 4: Assessment

Assessment strategy: Learning outcomes will be assessed by a professional practice portfolio and a 3,000 word process report. The practice portfolio will consist of a range of evidence that the student has functioned competently within a practice placement, including client and supervision logs, placement and supervision agreements, and evidence of personal therapy. The process report will demonstrate effective and competent client work, with an in depth reflection on one particular session.

Assessment tasks:

Portfolio (First Sit)

Description: CW1 Portfolio:

- a) Skills assessment - self, peer and tutor;
- b) Supervision assessment - self, peer and tutor;
- c) Log of placement practice hours (minimum of 35 client 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, MO11, MO14, MO2, MO21, MO3, MO4, MO5, MO6, MO7

Report (First Sit)

Description: CW2 Counselling Skills tape and process report (3000 words)

Weighting: 100 %

Final assessment: No

Group work: No

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

Portfolio (Resit)

Description: CW1 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, MO11, MO14, MO2, MO21, MO3, MO4, MO5, MO6, MO7

Report (Resit)

Description: CW2 Counselling Skills tape and process report (3000 words)

Weighting: 100 %

Final assessment: No

Group work: No

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

Part 5: Contributes towards

This module contributes towards the following programmes of study: