



## **Programme Specification**

### **Counselling Skills [Frenchay]**

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## **Section 1: Key Programme Details**

### **Part A: Programme Information**

**Programme title:** Counselling Skills [Frenchay]

**Highest award:** Cert Counselling Skills

**Awarding institution:** UWE Bristol

**Teaching institutions:** UWE Bristol

**Study abroad:** No

**Year abroad:** No

**Sandwich year:** No

**Credit recognition:** No

**School responsible for the programme:** CHSS School of Social Sciences, College of Health, Science & Society

**Professional, statutory or regulatory bodies:** Not applicable

**Modes of delivery:** Part-time

**Entry requirements:** For the current entry requirements see the UWE public website.

**For implementation from:** 01 September 2024

**Programme code:** L50057

## **Section 2: Programme Overview, Aims and Learning Outcomes**

### **Part A: Programme Overview, Aims and Learning Outcomes**

**Overview:** This programme provides a learning environment which facilitates the development of student autonomy in the learning process and encourages self-directed study.

**Features of the programme:** Students keep a journal throughout the course which reflects their personal and professional development. This forms part of their assessed work and is also intended to support their learning and commitment to reflective practice

**Educational Aims:** To provide a learning environment which facilitates the development of student autonomy in the learning process and encourages self-directed study.

To develop competence in the use of counselling skills.

To enable students to reflect on their work.

To stimulate an interest in and commitment to ongoing personal and professional development and lifelong learning.

To foster an awareness and appreciation of the significance of wider social, cultural and political domains within which counselling skills are practised.

To develop an awareness of safe ethical practice.

To prepare students to apply the use of counselling skills in a wide range of settings.

To facilitate access to further training in counselling.

**Programme Learning Outcomes:**

On successful completion of this programme graduates will achieve the following learning outcomes.

**Knowledge and Understanding**

- A1. Person Centred Counselling skills
- A2. Gestalt Counselling skills or Psychodynamic Counselling Skills (dependent on second module taken)
- A3. The importance of culture and diversity in counselling skills practice
- A4. Ethical frameworks and codes of conduct in relation to using counselling skills
- A5. Further generic counselling skills such as using questions and challenging

**Intellectual Skills**

- B1. Evaluation of key counselling texts
- B2. Application of counselling theory to skills practice
- B3. Synthesis of counselling theories and concepts
- B4. Critical thinking in relation to specific concepts but also in relation to the whole notion of counselling

**Subject/Professional Practice Skills**

- C1. The use of counselling skills
- C2. Using supervision appropriately
- C3. Working ethically with clients
- C4. Giving and receiving peer feedback
- C5. Knowing the limits of ones competence and making appropriate referrals
- C6. Working with people from a variety of different backgrounds
- C7. Reflecting on ones practice
- C8. Understanding group processes

**Transferable Skills and other attributes**

- D1. Communicate effectively both orally and in writing
- D2. Use self and life experience reflectively
- D3. Demonstrate commitment to ongoing personal and professional development
- D4. Give and receive feedback
- D5. Practice and promote anti-discrimination
- D6. Evaluate and criticise ideas

**Assessment strategy:** Person Centred Counselling Skills:

Person-Centred Essay 2000 words

This will assess students' understanding of Person-Centred counselling theory (Learning Outcomes A, B and D) and relating this to their practice and self-evaluation (Learning Outcome C)

Portfolio:

The portfolio assesses students' practice in counselling skills, and their capacities as reflective practitioners and their understanding and adherence to working within ethical codes and appropriate boundaries. (Learning outcome C, D and A).

And either: Gestalt Counselling Skills

Gestalt Essay 2000 words This will assess students' understanding of Gestalt counselling theory (Learning Outcomes A, B and D) and relating this to their practice and self-evaluation (Learning Outcome C).

Portfolio: The portfolio assesses students' practice in counselling skills in their employment or voluntary work, and their self-awareness and personal development over the course. It also their abilities to use supervision to reflect on their practice. (Learning outcome C, D and A).

Or:

## Psychodynamic Counselling Skills

### Psychodynamic essay 2000 words

This will assess students' understanding of Psychodynamic counselling theory (Learning Outcomes A, B and D) and relating this to their practice and self-evaluation (Learning Outcome C).

### Portfolio:

The portfolio assesses students' practice in counselling skills in their employment or voluntary work, and their self-awareness and personal development over the course. It also their abilities to use supervision to reflect on their practice. (Learning outcome C, D and A).

### Assessment of the Learning Outcomes:-

#### Knowledge and Understanding:

Testing of the knowledge base is through assessed coursework (1&2) and through observation of counselling skills practice and supervision [1-5].

#### Intellectual Skills:

variety of assessment methods is employed including essays, book reviews, a personal development journal, observation of skills practice and supervision. All test a learner's ability to demonstrate skills 1-4.

#### Subject, Professional and Practical Skills:

Skills 1, 2, 3 are assessed through skills practice and supervision. Skill 4 is assessed by self, peer and tutor assessments Skills 5, 6, 7 and 8 are assessed through supervision and a self-development journal.

#### Transferable Skills:

Skills 1-6 are assessed through skills observation, supervision, essays, self and peer assessment, a self- development journal and book reviews.

**Student support:** There is a continuous programme of workshops which support safe ethical practice and working with diversity. This is monitored continuously through skills observation and periodically through supervision.

Students support one another's emotional development through regular weekly peer support. These sessions also serve as an opportunity for further skills practice.

## Part B: Programme Structure

### Year 1

The student must take 60 credits from the modules in Year 1.

#### Year 1 Compulsory Modules

The student must take 30 credits from the modules in Compulsory Modules.

Module Code	Module Title	Credit
USPJKN-30-1	Person Centred Counselling Skills 2024-25	30

#### Year 1 Optional Modules

The student must take a minimum of 30 credits from the modules in Optional Modules.

Module Code	Module Title	Credit
USPJKM-30-1	Gestalt Counselling Skills 2024-25	30
USPKJ9-30-1	Psychodynamic Counselling Skills 2024-25	30

**Part C: Higher Education Achievement Record (HEAR) Synopsis**

Graduates of the Certificate in Counselling Skills are able to;

appreciate the significance of wider social, cultural and political domains within which counselling skills are practised.

demonstrate an awareness of safe ethical practice.

show awareness of ethical frameworks and codes of conduct in relation to using counselling skills.

apply counselling theory to skills practice.

demonstrate competence in the use of counselling skills.

apply the use of counselling skills in a wide range of settings.

**Part D: External Reference Points and Benchmarks**

QAA subject benchmark statements: this course conforms to the level 4 descriptors of the Quality assurance Agency's framework for Higher Education Qualifications.

The Mission and Vision statement of the University of the west of England, in particular in relation to the promotion of educational opportunity, the provision of training relevant to regional needs and the development of a high reputation among employers. The course provides equality of opportunity by incorporating a flexible admissions policy allowing people from non-traditional backgrounds to compete for places. We particularly welcome applications from ethnic minority groups, people with disabilities and people without formal qualifications who can demonstrate their ability to contribute to the course.

The current programme develops employment enhancing skill in line with the UWE 2020 'Ready and Able Graduate' strategy in that it provides outstanding learning with a practice-orientated learning experience. The students are taught by academic staff who are experts in their field and practising counsellors. The programme develops



employment enhancing skills and aligns students well to further education and training as counsellors.

**Part E: Regulations**

Approved to University Regulations and Procedures.