

BSC Mental Health (Cohort)
ECPS5019 Counselling Skill and Approaches

Additional Case Study Essay Assessment Guidance
Please read in conjunction with your assessment proforma

A critical case study essay 2,500 words, utilising ONLY ONE of the following theoretical approaches within a counselling context.

For the BSC Mental Health Programme – we have looked at the following more in-depth. You can look at others on the assignment specification proforma, but you may want to explore the following:

Humanistic: Take a look at the Motivational Interviewing or Positive Psychotherapy (**Please see moodle page information for Week**)

Cognitive Behavioural Therapy - You might want to consider some of the New Cognitive Approaches; Dialectical Behavioural Therapy, Mindfulness-based approaches: such a Mindfulness-based Stress Reduction. The BABCP is an excellent resources for further understanding these approaches (***please see the moodle page for these links***)

Case Study - in this assessment, your case study is the approach itself and how you explore it, not utilising an individual situation. Look at the following 6 points (below). If you follow these points you are creating a case study.

Structure of the essay

The case study essay is written in an essay format, , meaning there are ***no use of headers***, but there is a clear distinction of an introduction, body/discussion, application of interventions, implications and recommendations, followed by a conclusion.

The case study essay will demonstrate the following:

1. Brief historical and current background of the approach
2. Presenting issues and population best served by the approach
3. Understanding of formulation/case conceptualisation
4. Critical perspectives of the approach – relevant and current research
5. Interventions and application used.
6. Exploring the Welsh Matrix – Psychological Therapies for Wales: Matrix Cymru or Matrics Plant – Please on Moodle Page on Assessment Tille

Approximately, 2,000 +/- words to cover these points. Some points may require more words and they do not necessarily need to go in this order. However, this can be a useful guide.

Further guidelines

- Introduction – 200-250
- Body of the essay will cover the above points 2,000 words
- Recommendations/implications 100-150
- Conclusions 100 – 150.