



**EHC6004
PRACTICUM 3**

Week 1 Introduction

COURAGE TO PRACTICE



"Technique is what you use until the Therapist arrives".

"Good methods can help a therapist find away into the client's dilemma, but good therapy does not begin until the real-life therapist joins with the real life of the client".

Courage to Teach, Parker J, Palmer

AIMS FOR TODAY

- Induction Information
- Module Expectations & Learning Outcomes
- Module Structure & Delivery – Weekly Planner
- Assessments
- Reading List/Online Resource List - Leganto
- Contracting with group/on-line

MODULE EXPECTATIONS

Engagement within your your continued development within counselling skills and practice.

Engagement with Moodle and the resources that have been provided.

Keeping a *Reflective Journal*

Take Care of Self (*Resilience is how you recharge not how you endure*) Suzie Tarrant...Twitter)

Flexibility & Patience...

MODULE AIMS

To complete supervised practice in a counselling agency and reflect critically on that experience.

To continue to maintain appropriate relationships with other professionals and stakeholders and meet assessment of readiness to practice guidelines.

To demonstrate that you can work safely, ethically and competently taking account of appropriate guidance given by tutors, supervisors and mentors.

To demonstrate professional reflective practice.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to demonstrate the ability to:

- Reflectively apply learning from the course, in order to complete required hours of counselling, within an appropriate placement agency.
- Work at an appropriate level within professional body guidelines, and maintain appropriate relationships with all stakeholders.
- Critically appraise own ability to work in a suitable supervised counselling placement, and develop own model of practice which is safe and ethical.
- Meet assessment of readiness to practise criteria, including making appropriate modifications to own practice when advised appropriately to do so by tutors, supervisors and mentors.

MODULE STRUCTURE AND DELIVERY

BLENDED LEARNING APPROACH

Weekly Planner (*Subject to adaptations and changes*)

Continue to look at your personalised timetables for updated information

On-Campus Teaching – Mondays 10-1pm

Online Sessions – Wednesday 12-2pm – Synchronous and Asynchronous Teaching

☐ Synchronous (Online Sessions through Microsoft Teams) TEAMS GROUP WILL BE SET UP FOR SKILLS PRACTICE

☐ Asynchronous (Recorded Lectures or Recorded Resources to view)

MODULE CONTENT

Placement Sessions and Updates

Theoretical Approaches – Theory and Application

Supervision/Peer Supervision

Journal Reflective Exercises – Reflective practice; linking theory to practice

Practice Skills – Recordings

Competency and Ethical Framework

PLACEMENT SESSIONS (OCT 5 AND OCT 12TH)

- DBS Form
- Readiness to practice letter
- PD6 Placement Agreement Document
- Placement agreement
- Proof of relevant Insurance
- Proof of BACP membership
- Supervision Contract
- Supervisor Report, Year 1
- Supervisor Report, Year 2
- Supervision log, signed off by supervisor
- Counselling Log, signed off by supervisor
- Proof of 25 hours personal therapy
- Personal Development Plan (**Ruth Has these**)

COUNSELLING ONLINE/TELEPHONE SESSION – OCTOBER 12TH

Telephone and Online Counselling: Best practice and core competencies (*Please see on Moodle*)

Counselling Tutor - £89.99 Certified Online and Telephone Counselling Training
<https://counsellingtutor.com/online-and-telephone-counselling-course/> (Oct 1st)

THEORETICAL APPROACHES/APPLICATION

Humanistic Approaches

- Person Centred
- Gestalt
- Emotion Focused Therapy (EFT)
- Transactional Analysis (TA)
- Working with Relational Depth
- Pluralistic Practice – Integrated Method

SUPERVISION

- Supervision is a key part of your learning process and practice.
- Continue to monitor your supervision experience within placement.
- Peer Supervision – take place in module.

JOURNAL REFLECTIVE EXERCISE

This activity is about expanding your knowledge; linking theory to practice, by researching peer reviewed journal articles that discuss humanistic counselling practice.

Expectation –

- Engage/reflect on at least one peer reviewed journal article a week that explores the currency of a humanistic counselling approach.
- Prepare to share with peers either online or on campus sessions

PRACTICE SKILLS SESSIONS

Practice Skills and recordings are to take place online via Microsoft Teams.

Triads/Dyads will be set up in a Teams Group with Module lead in attendance for feedback.

The Triads/Dyads will remain private/recorded to only those in the groups.

Recordings will be downloaded for assessment purposes

Practice Skills will not begin until the 4th week of term to allow.

Additional protocols will follow in due course.

COMPETENCY AND ETHICAL FRAMEWORK

Meet assessment of readiness to practise criteria, including making appropriate modifications to own practice when advised appropriately to do so by tutors, supervisors and mentors.

To demonstrate that you can work safely, ethically and competently taking account of appropriate guidance given by tutors, supervisors and mentors.

Abiding by Ethical Framework

ASSESSMENTS

(SUBJECT TO EXTERNAL APPROVAL)

Assessment Component 1: 50% (please review the proformas on Moodle)

Practical: recording (50 minutes session)

Assessment Component 2: 25%

Coursework: Assignment (3000 words)

Assessment Component 3: 25%

Portfolio (4 elements)

ONLINE RESOURCE LIST – LEGANTO

Available on Moodle (please go to your Moodle Page)

Provides you with easy access to the see the resources that are being recommend for you to review.

Both online resources and books that are available through Click and Collect via the Library.

ADDITIONAL RESOURCES

Continue to review Humanistic Approaches: Person Centred, Gestalt, EFT and TA. These will be the core theories for your practicum module.

Take a look at the BACP Website and CPD Hub or Onlinevents <https://www.onlinevents.co.uk/learn-more/>

Counsellingtutor.com

You Tube Counsellingtutor

<https://www.youtube.com/channel/UCSnEXvQQpzPkB01mviUI-2g>

CONTRACTING WITH THE GROUP

On-campus

Online

What needs to be in the contract?

WEDNESDAY SESSION — SEPTEMBER 30TH

Your first Wednesday session will be (Asynchronous). You are expected to review the following links and be prepared to discuss for next week sessions

(A)Review of Relational Depth (Mick Cooper)

<https://www.youtube.com/watch?v=8mm17MqFqW>

Rory Lee Oakes: Relational Depth – Dialogical Self.

Martin Buber – 'I Thou'

https://www.youtube.com/watch?time_continue=59&v=7bZCATLqqrQ&feature=emb_lo@go
