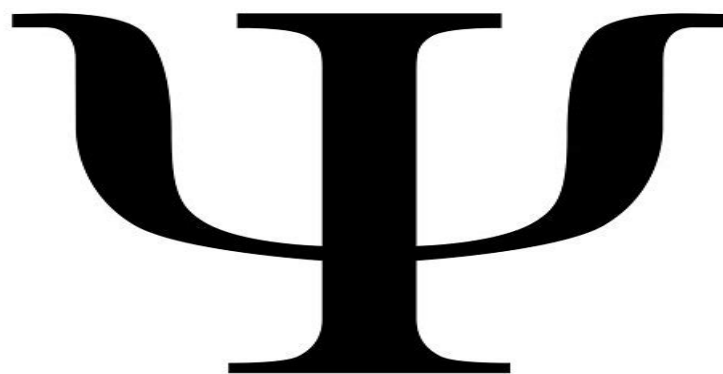




Module Handbook 2022-2023

ECPS5010
Counselling Skill and Approaches
BSC Psychology and Counselling
Programme
October - January



Centre for Psychology and Counselling

Module Code	ECPS5010
Title	Counselling Skills and Approaches
Date	10/03/2022
Level	5
Credits	40
Pre-Requisites	

AIM(S)

- To further the advancement of counselling skills developed from level four and gain a critical understanding of embedded and theoretical counselling approaches that underpin a range of counselling and mental health professions today.

LEARNING OUTCOMES

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

- Demonstrate appropriate use of a range counselling skills.
- Gain contextual knowledge and awareness within a relevant placement that offer support and care within mental health and well-being.
- Develop a critical understanding of the various theoretical approaches within counselling practice.
- Recognise the limits of knowledge, skill, ethical boundaries and experience in counselling.
- Take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

This level five module has two distinctive components; advancement of counselling skills from level four and providing theoretical underpinnings of counselling approaches. The module will include the equivalent of up to twenty days of placement experience over the course of the module within an organisation that provides support and care within the context of mental health and well-being. The choice of setting can vary but must provide an opportunity to continue to develop embedded counselling skills (**not a counselling practice placement**) and contribute to a contextual understanding of organisational mission and practice.

Indicative content includes:

- Theoretical understanding of the traditional 'Forces'; of human psychological theory from a Counselling and Psychotherapy perspective which include: Psychodynamic, Cognitive Behavioural (CBT), Humanistic, Postmodern, and Systemic approaches.
- Understanding and further developing of a range of counselling skills.
- Contextual understanding of using embedded counselling skills within a variety of mental health and care sector.
- Understanding and application of code of conducts and ethical frameworks with professional practice.
- Awareness and understanding of diversity within context of counselling skills.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	60	15%
Independent learning	220	55%
Placement learning	120	30%
TOTAL	400	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Skills Assessment	15 minute DVD recording with a 2,000 reflective commentary; linking theory to practice	40%

This practical skills assessment will allow students to demonstrate the development of their embedding helping skills.

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Case Study	2,500 words	30%

Students will be asked to critically explore how a specific case study might use a specified therapeutic approach with the client.

Assessment Component 3

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio of Evidence	3 elements plus 1,000 word reflective commentary	30%

Students will be asked to present a portfolio of evidence to showcase their placement experience and an accompanying written reflective piece. These may include: examples of work carried out as part of the placement, diary entries/blog, minutes of meetings attended, etc.

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	60%
Practical	40%
TOTAL	100%

**This module is not linked to a Professional, Statutory and regulatory Body (PSRB).
INDICATIVE READING LIST**

Please review your Leganto Reading List, located on Moodle, once it become available.
Please know there are an array of various counselling books in the library that provide additional information. There are also many journals that can support your learning as well.

Module Code	ECPS5010	
Module Title	Counselling Skills and Approaches	
Classification	Reading List entry	Electronic*
Essential	Jones, Smith, E. (2012). <i>Theories of Counseling and Psychotherapy. An integrative approach</i> . California: Sage There are a few books in the library	☐
Essential	McLeod, J. (2009) <i>Introduction to Counselling</i> , Open University (1-3 (Available online))	X
Essential	McLeod, John and McLeod, Julia, (2011). <i>Counselling skills: a practical guide for Counsellors and helping professionals</i> . Maidenhead, Berkshire: McGrawHill/Open University Press	☒
Further	Reeves, A. (2013). <i>An Introduction to Counselling and Psychotherapy: From Theory to Practice</i> . Sage	☐
Essential	Midwinter, R. (2015). <i>Embedding Counselling and Communication Skills</i> . East Sussex: Routledge.	x
Essential	Wright, J. and Bolton, G. (2012). <i>Reflective Writing in Counselling and Psychotherapy</i> . London: Sage.	☐
Essential	Bond, T. (2015). <i>Standards and Ethics in Counselling</i> 4 th ed. Los Angeles: Sage	☐
Further	Corey, G. (2013). <i>Theory and practice of counselling and psychotherapy</i> . 9th Ed. Pacific Grove, Calif: Brooks/Cole	☐
Further	Egan, G. (2013). <i>The Skilled Helper, A Problem Management and Opportunity Approach</i> . 10 th ed. California: Brooks/Cole	☐
Further	Feltham, C. and Horton, I., eds. (2012). <i>The Sage Handbook of Counselling and Psychotherapy</i> . 3rd Ed.Sage	☐
Further	Mearns, D. and Thorne, B., with McLeod, J. (2013). <i>Person-centred Counselling in action</i> . 3 rd ed. Sage	☐
Further	Therapy Today BACP https://www.bacp.co.uk/bacp-journals/therapy-today/	☒
Further	<i>British Journal of Guidance and Counselling</i>	☒
Further	<i>Counselling Psychology Quarterly</i>	☒
Further	<i>Journal of Humanistic Counseling</i>	☒
Further	<i>Journal of Counselling and Education</i>	☒
Further	<i>Cognitive Behaviour Therapy</i>	☒
Further	<i>Person-Centered & Experiential Psychotherapies</i>	☒

Required Additional equipment and resources:

Access to an electronic device, that allows you to research and interact with various activities within the On-Campus Sessions. Notebook, journal, paper, pens, colourful markers.

Counselling Skills and Approaches

Assessments: Assignment Specification Proforma's are available on Moodle

- **1x case study essay**
- **1x Practical Skills– Practical Skills Assessment & Reflective Commentary**
- **1x Portfolio of Evidence with reflective commentary**

Module Delivery***Monday's - Content***

- 9-10am Q & A – Time to clarify questions related to theory and assessments
- 10-12pm – Knowledge Learning & Application – Theoretical Approaches to Counselling

Wednesday's - Skills

- *9-10 Checking in*
- *10-12 Skills works*

Counselling Skills and Approaches Weekly Planner BSC Psychology and Counselling L5

Please note that due to the experiential nature of this module, this is a draft schedule only, to give our work some structure, but this will change depending on our rate of progress through the module. You therefore need to check this schedule regularly, as new information will be added on a weekly basis. The lesson plans outlined here will also be expanded upon on Moodle and in each session you will have the opportunity to work in small groups, dyads, and triads to practice your helping skills

Dates	Monday – Theory Session	Wednesday – Skills Session
W/C 3rd October Week 1	• 9-10 – Office Hour: Introductions and welcome to the module, topic-area knowledge, informal chat, getting to know one another and the work we will be addressing • Overview of the module content, teaching & assessments • Module Structure • Expectations: Code of Conduct- Professionalism • Placement Updates • Q &A	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills • Ice Breakers Activities – Getting to know each other • Contracting – Creating a Safe Space • Review of Skills • Group Dynamics • What is your growing edge? • Reflective Practice • Demonstrations of Skills – Fishbowl activity
W/C 10th October Week 2	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, • Introduction Counselling Theories and Approaches • Approaches used with mental health professions • Psychological intervention vs counselling perspectives • Journal Article discussion & Observations • Next Week- Psychodynamic Perspectives in Counselling	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Finalise the contract • Role of Client, Helper, and Observer • Case scenarios vs personal information • Disclosures (self) - Keeping safe • Triad Work • Reflective Practice/Observations • Closing Round

W/C 17th October Week 3	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments – <i>Understanding of a Case Study</i> • Psychodynamic Perspective & Approaches ○ Traditional vs contemporary ○ Significance of understanding attachment.	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Review contract • Use of questions • Contracting with your client • Triad Work – Live feedback from tutor • Reflection/observations • Closing round
W/C 24^h October Week 4	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments • Cognitive Behavioural Therapy – Overview ○ Aaron Beck and Albert Ellis ○ CBT Today • Mid Module Evaluation	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Introduction to advanced listening skills – immediacy • Triad Work – Live feedback from tutor • Reflection/Observations • Closing Round
W/C 31st October Reading Week		
W/C 7th November Week 5	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments • CBT – Modes of Delivery ○ Web-based/Online, self-help, • New Cognitive Approaches Third Wave ○ Mindfulness Approaches ○ Others	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Advance listening skills • Triad Work – Live feedback from tutor • Reflection/Observations • Closing Round

W/C 14th November Week 6	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments • Humanistic Perspectives – Overview ○ Existential Approaches ○ Gestalt ○ Transactional Analysis	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Effectively using the Core Conditions • Triad Work – Live feedback from tutor • Reflection/Observations • Closing Round
W/C 21st November Week 7	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments • Humanistic -continue ○ Person-Centred – Tribes of the Person Centred Nation ○ Emotion-Focused Therapy ○ A Pluralistic Perspective	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Use of SFBT – Miracle question • Triad Work – Live feedback from tutor • Reflection/Observations • Preparations for next week first recordings • Closing Round
W/C 28th November Week 8	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments • Postmodern and Systemic Approaches ○ Solution Focus Brief Therapy ○ Narrative Therapy ○ Systems Approaches	Recording of Practice Skills – Session 1 • 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Recording of session • Triad Work • Reflection/Observations • Closing Round
29th November Assessment: Case Study Essay 2,500 Words		

W/C 5th December Week 9	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments • Creating your portfolio of your placement • Creative Expression in Counselling ○ Art Therapy, Play Therapy	Recording of Practice Skills – Session 2 • 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Recording of session • Triad Work • Reflection/Observations • Closing Round
W/C 12th December Week 10	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments • Working online • Placement Updates • Creating your portfolio – examples provided • Module Evaluation	• 9-10- Office Hour – An opportunity to come along and discuss any aspect of our learning, module and/or assessments, especially related to counselling skills. • Opening Round • Identifying the counselling skills being used within your voluntary placement experience. • What's next? – continuing to work with your skills • Reflection/Observations • Module Evaluation • Closing Round
13th December Practical Skills 2,000 Word Reflection		
Christmas Break		
9th January 2023 Placement Experience Portfolio & Reflective Piece (1,000 Words)		

