

Module Specification Form

Introduction to Counselling Skills

ECPS4015

Module Code	ECPS4015
Title	Introduction to Counselling Skills
Date	28/10/2022
Level	4
Credits	20
Pre-Requisites	None

AIM(S)

- To learn theoretical underpinnings and apply foundational counselling skills and to introduce and understanding of the self-awareness within the context of counselling skills.

LEARNING OUTCOMES

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

- demonstrate basic counselling skills and an understanding of the therapeutic relationship;
- recognise and discuss ethical and professional boundaries within the field of counselling;
- demonstrate a basic ability to reflect on their own professional knowledge, ethical boundaries, skills, and performance;
- take responsibility for their own learning and skill development, including effective personal planning, self-reflection, and project management skills.

INDICATIVE CONTENT

This level four module lays down the 'basic building blocks' (McLeod, 2007) of Counselling skills practice in readiness to progress to the level five module *Counselling Skills*. Indicative content will include:

- An understanding of the development of counselling skills within professional practice.
- *Rogerian* qualities of '*being*' as applicable to self and others.

- Basic communication skills, description and application of generic helping skills, e.g., active listening, paraphrasing reflecting, sensitive challenging, summarizing, open questions.
- The therapeutic relationship and relational perspective across professional practice.
- Identifying the boundaries of a helping relationship and applying an ethical framework and code of conduct.
- Qualities of helping 'core conditions' empathy, congruence, unconditional positive regard.
- Working with emotions and engaging in reflective practice.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15
Independent learning	170	85
Placement learning	-	-
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	1,500 words	50%

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Academic Interview	15 minutes	50%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

INDICATIVE READING LIST

Module Code	ECPS4015	
Module Title	Introduction to Counselling Skills	
Classification	Reading List entry	Electronic*
Essential	McLeod, J., & McLeod, J. (2022). <i>Counselling skills: theory research and practice 3rd ed.</i> McGraw Hill /Open University Press.	☒
Essential	Reeves, A. (2022). <i>An Introduction to Counselling and Psychotherapy 3rd Ed.</i> Sage	☐
Essential	Midwinter, R. (2015). <i>Embedding Counselling and Communication Skills.</i> Routledge.	☒
Essential	Westergaard, J. (2017). <i>An Introduction to Helping Skills: Counselling, Coaching and Mentoring.</i> Sage	☒
Further	Egan, G. (2013). <i>The Skilled Helper, A Problem Management and Opportunity Approach. 10th Ed.</i> Brooks/Cole.	☐
Further	McLeod, J. (2009). <i>An Introduction to Counselling 5th Ed.</i> Maidenhead: Open University Press.	☒
Further	Nelson Jones, R. (2011). <i>Basic Counselling Skills: A Helper's Manual.</i> London: 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 and Psychology Quarterly</i>	☒
Further	<i>Journal of Counselling and Education</i>	☒