



MA Advanced Counselling Theory and Research

Module Handbook

Contemporary Counselling Theories ECAC7001

Academic Discipline of Psychology and Counselling Yr Athrofa:
Institute of Education and Humanities

Weekly Planner for CCT (*Brief outline*)

For a complete description of expectations and tasks, please review your module tiles Moodle

This module relies on your current interest and exploration within the areas of specific populations and theoretical approaches or interventions. It will be good to focus from the onset of the module. I will be asking for volunteers to lead each of these sections, so it allows for interaction and supports your learning interest.

Week 1 – Wednesday, 8th November	Introduction to the Module & Exploring Contemporary Counselling Theories Assessment Overview and Guidance • Meeting the Learning outcomes • Discussion on topic areas for the systematic review Themes in Counselling and Counselling Research • Specific Populations – What are these? • Approaches – What are your interest ○ CBT/New Cognitive Approaches ○ AI, Online, One Session Therapy ○ Humanistic – Person-Centred, EFT, Pluralistic Counselling, Existential Perspective or others? ○ Cultural diversity – Spirituality Practices, other Examples of Systematic Reviews
Week 2 – Wednesday, 15th November	Theoretical based approaches and interventions that provide psychological support and with specific populations. CBT and New Cognitive Approaches in Counselling – ACT/CFT/Mindfulness Based Approaches & Others Application and Research
Week 3 – Wednesday, 22nd November	Theoretical Approaches and interventions that provide psychological support with specific populations. Looking at AI and online approaches Brief therapeutic Approaches One session therapy Applications and Research

Week 4 – Wednesday, 29th November	Theoretical Approaches and interventions that provide psychological support with specific populations. <i>Humanistic Perspectives:</i> ○ Person Centred Perspective – What is new in the field? ○ Emotion Focused Therapy ○ Pluralistic Counselling – Practice ○ Existential Practices ○ Expressive Creative Approaches Application and Research
Week 5 – Wednesday, 6th December	Theoretical Approaches and interventions that provide psychological support with specific populations. <i>Looking through the lens of diversity.</i> ○ Social and cultural practices and interventions ○ Transcultural practices ○ Spiritual practices Application and Research
Week 6 – Wednesday, 13th December	Review and Assessment Guidance ○ Lay Paper ○ Presentation Wrap up Session
9th December – Super Saturday	